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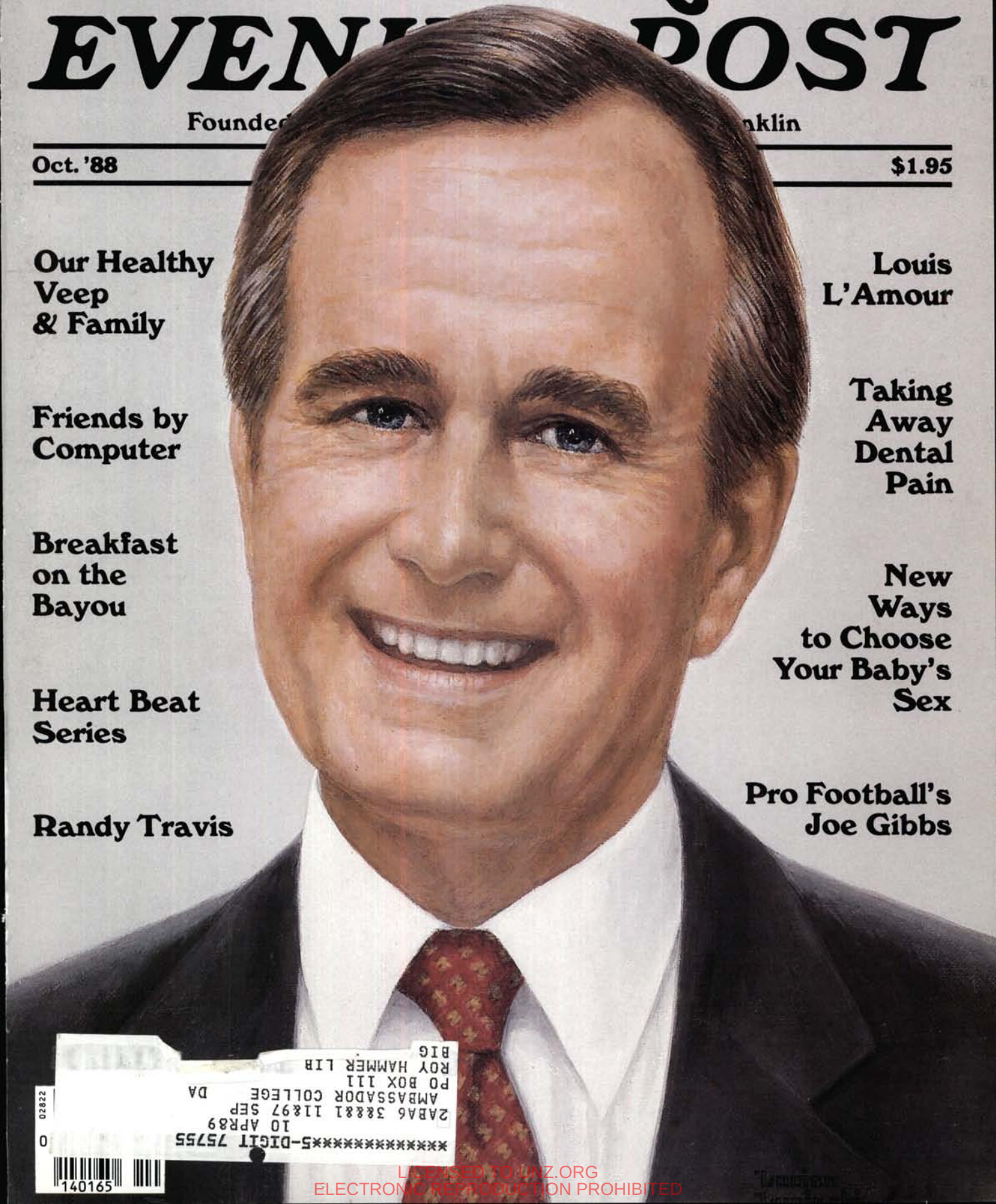

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Breakfast on the Bayou

Heart Beat Series

Randy Travis

Louis L'Amour

Taking Away Dental Pain

New Ways to Choose Your Baby's Sex

Pro Football's Joe Gibbs

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The President—pumps iron and chops wood, but the Veep wins the fitness race by clobbering younger men at tennis and outrunning the secret service. **42**

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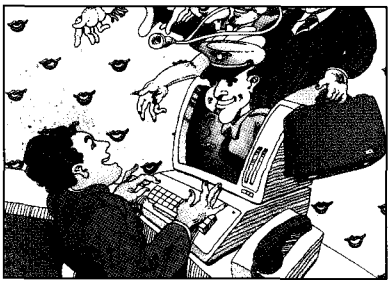

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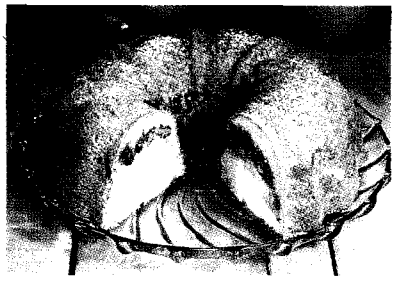

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THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

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(Cover painting by Lucian Lupinski)

The Saturday Evening Post (ISSN: 0048-9239), incorporating *Country Gentleman*, is published monthly in 1988, except bimonthly in Jan./Feb., May/June and July/Aug., by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

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Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $18.47. *The Saturday Evening Post* editorial, circulation, and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

Unsolicited manuscripts, art work, and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork, or photographs.

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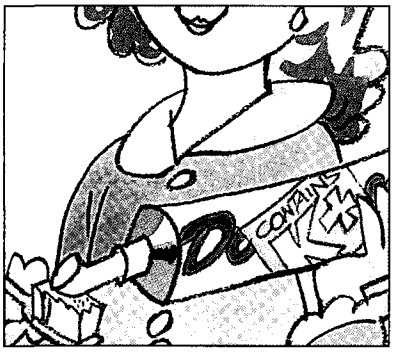
Redskins' Coach Joe Gibbs—has a penchant for winning that's not just a passing phenomenon. **54**



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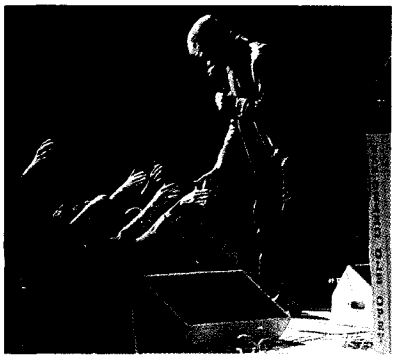

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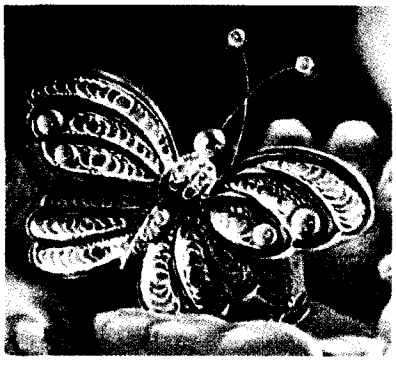

A Noble Spirit—triumphs over tyranny in Pearl Buck's "The Silver Butterfly." **50**

Letters

Leaving Nothing Out

I really enjoy reading your great magazine. As soon as I finish a copy I pass it along to different people so they can enjoy the interesting articles.

Several of my friends have been reading "Barley Green," and "Green Leaves of Barley." Have you ever done any research on this product? If so, what do you think about it? Where can we get it other than through the author of "Barley Green"?

I wish you could get Mrs. Maynard Good Stoddard to write an article about Mr. M.G.S. It would be fun to hear her side of life with M.G.S.

Mrs. Kathleen Reicherzer
San Antonio, Texas

Editor's note: We haven't done any research on Barley Green, but perhaps some of our readers have.

At your suggestion, we're urging the long-suffering Lois Stoddard, who is a very competent retired nurse, to join up with the dentists of America (see below) to publicly lambaste Maynard Good Stoddard for his continued grossly unscientific exaggerations.

Jawing About Dentistry

Dentists are used to hearing jokes and stories about dental care, and we find many of them humorous ourselves. The exaggerations in the article by Maynard Good Stoddard (July/August 1988, page 56), however, go beyond humor and seem to pander to some people's fears of the dentist.

As an endodontist, a dentist with two years additional training who specializes in root canal treatment, I'm concerned about misinformation in the article that reinforces unjustified fears of dental treatment in general and root canal procedures in particular—fear that often prevents patients from seeking needed preventive care and treatment.

Your readers might be interested to know that a 1986 random survey of 1,000 men and women found that those who had experienced root canal treatment were four to five times more likely to describe it as painless as were those who had not experienced the procedure. And root canal therapy to save a tooth is usually less expensive than the alternative—ex-

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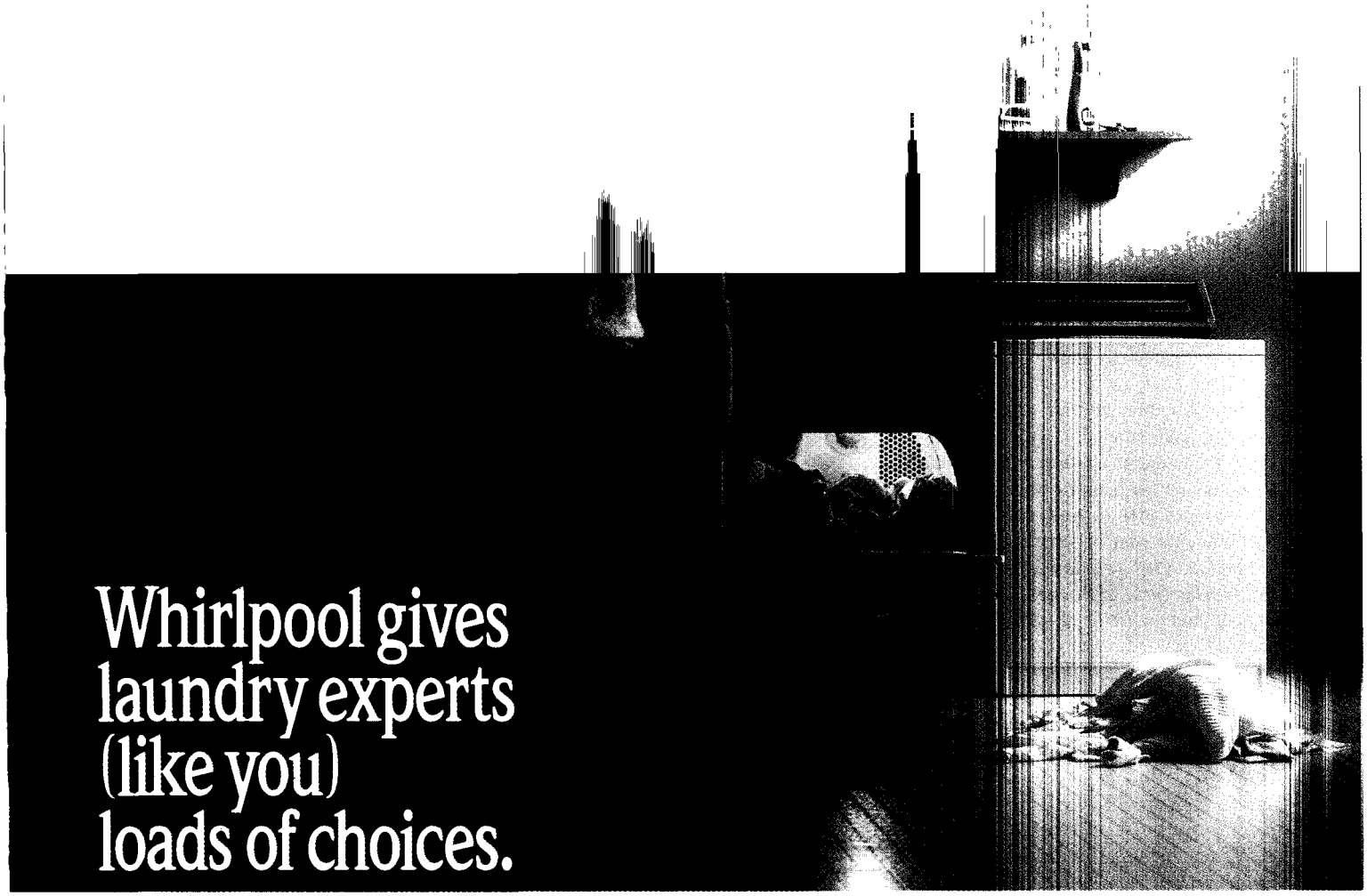

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tracting and replacing it with an artificial tooth.

Joseph D. Maggio, D.D.S.
President
American Association of Endodontists
Chicago, Illinois

Mr. Stoddard replies: "One of the dentists who drilled me for writing 'Sailing Down the Root Canal' pointed out that 'to suggest that the chair is tipped so that pocket change will fall out to be used for lunch money for the dentist and his assistants is ludicrous.'

"Of course it is ludicrous, so ludicrous as to be unbelievable. Another dentist took me to task for indicating that his profession was out to gouge the public and get rich in the process. Also ludicrous. My dentist, of whom I wrote, has so little regard for wealth that he devotes many a Saturday to treating free the people in our community who can't afford needed dental work. It was he who lent me his root canal lab book when he heard of my ludicrous project. As for his expert assistants, I hope I can still number them among my most enjoyable friends.

"If my attempts to lighten the root canal ordeal have turned off any of our readers, I have proof, believe me, six times over that dentists go all out to give their patients a happy mouth. If they should make a few bucks in the process, so be it. As for owning a yacht—that's ludicrous!"

Well Supplied

I am honored to have been selected as recipient of the Benjamin Franklin Award in recognition of our efforts to reduce the risk of AIDS in recipients of blood transfusions. I assure you that in the future we will continue to speak out when we feel that the safety of the blood supply is threatened, and with the help of well-informed and dedicated individuals like yourself, hopefully our views will be heard.

Edgar G. Engleman, M.D.
Associate Professor of
Pathology and Medicine
Stanford Blood Center
Palo Alto, California

Too Big a Puzzle

The July/Aug. issue did not seem to have the "Where do you think you are?" puzzle. I trust you are not discontinuing this item, because I derive a lot of mileage out of it. For the record, you have not lost me on a single map in the last 10 or 12 issues. I must admit that wending my way has been materially assisted by the acquisition of a Rand McNally road atlas.

Keep me in traveling.

Frank B. McCann
Hilton, New York

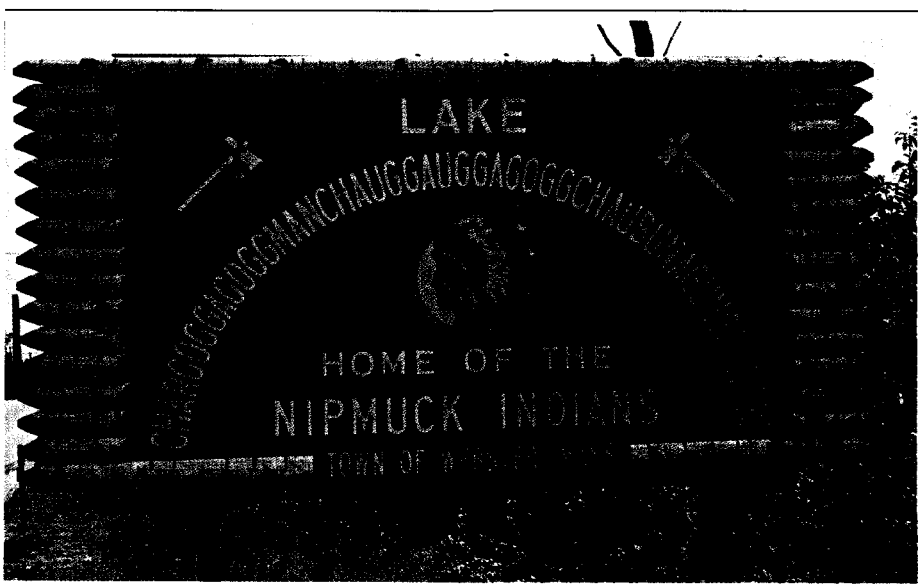
Name Game

The enclosed card says it all! There are 49 letters in the correct spelling! [See July/Aug. "What's in a Name?"]

I lived in Webster for 16 years and cannot pronounce the Indian name. We call the lake "Webster Lake!"

Love the *SatEvePost*! Hope you don't mind the correction. But 49 letters compared to 25—makes an even better article!

Louise and Jerry Langham
Kelseyville, California



Editor's note: According to several historians and librarians in the Webster area, the shorter version is closer to the Indian meaning. With 49 letters, how could the Nipmuck children have spelled the name of their hometown? Thank you for writing. We are printing your card below.

Silent Treatment

A friend of ours has developed gallstones. She is in her late 70s and does not relish major surgery.

In the last three years she has had an ingrown goiter removed and also a tumor behind her right ear. Otherwise she seems to have good general health and is very active in the church—her husband being one of our ministers.

Sometime back in the *Post*, I do remember reading about kidney stones being crushed. Is that possible with gallstones? I don't have the article as we pass the *Post* on. If gallstones can be disposed of this way, could you give us some advice on how to proceed, who to contact, etc., in the States? I would be grateful to buy another copy of the article, if that is possible, to keep on file.

I hope this will not cause any inconvenience. We will truly appreciate any help you can give us.

Lena M. VanDyke
St. Catharines, Ontario, Canada

Editor's note: See "Letters to the Editor," September '88 issue, and also "Medical Mailbox" in this issue.

Please Produce Product

In the April '88 "Medical Mailbox," you wrote of a new product, calcium citrate, for the relief of gas. I have been unable to find anything of this nature in our small town. I would appreciate any information you can send me.

Madelyne Lawry
Clare, Michigan

Editor's note: Citracal (calcium citrate) should be in drugstores as distribution is expanded. If you can't find it, please write to the Saturday Evening Post Society, P.O. Box 567, Indianapolis, IN 46206 for ordering information.

Leguming It Out

We may be doing a seminar soon on nutrition, and there is an unanswered question in my mind. Pritikin says, "No nuts." Seventh-day Ad-

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Fact:

"The Cardinal," 1985 issue in the Birds of Your Garden wildlife series from Knowles China, recently jumped in value *again* during heavy trading—to 159% of issue price.*

Fact:

"Dog Tired—The Springer Spaniel," a unique new wildlife issue from Knowles China, is available for $24.90.

You can draw your own conclusions from the facts above. But at the Bradford Exchange, the world center of plate collecting, we know that exceptional wildlife plates are enjoying considerable success. And "Dog Tired–The Springer Spaniel," as the first issue in a special wildlife-theme series, could easily post big gains on the secondary market.

Consider the evidence.

It's a genuine work of art.

"Dog Tired–The Springer Spaniel" introduces the first plate series ever sponsored by the United Kennel Club and marks the debut of award-winning wildlife artist Lynn Kaatz in the collector's plate medium. Each plate is fired to Knowles' rigid quality standards and is accompanied by a Certificate of Authenticity.

It introduces a unique new theme.

Never before has the famous Knowles China Company issued a plate series based on classic dog breeds. And Lynn Kaatz's approach distinguishes Field Puppies even more. This modern master gives classic dog portraits a new twist by showing puppies in authentic natural settings that display their delightful personalities to great advantage. This charming plate series is almost certain to draw a crowd.

And it's likely to increase in value.

Wildlife plates–especially first issues–have been rising in value (such recent plates as the 1986 "The Landing" from the Wings Upon the Wind and the 1984 "Tender Moment" from the Children and Pets collection are both over 195% of issue price), so it's a good bet that "Dog Tired – The Springer Spaniel" may quickly rise above its $24.90 issue price.

*As reported in the Bradford Exchange *Current Quotations*, Volume 15, Edition 4.

"Dog Tired–The Springer Spaniel"

by Lynn Kaatz

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YES. Please enter my buy-order for "Dog Tired–The Springer Spaniel," first plate in the Field Puppies series. *Limit: one plate per customer.*

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ventists use nuts as a base to most of their recipes because that is a major source of protein.

I've read in *SatEvePost* about the high-lysine, low-arginine factor. I seem to remember nuts were on your no-no list. Before we go overboard and go completely to a vegetarian lifestyle and recommend it to others, are nuts O.K. to use?

We would really appreciate a detailed answer as soon as possible.

P.S. My husband is 67, and we are looking to low-fat diet as heart protection.

Doris and Bob Beatty
Clovis, California

Editor's note: As long as we are offsetting the arginine in the nuts with plenty of lysine in other foods or with supplemental lysine, we believe nuts are a good source of protein. But nuts are concentrated fat, and since the American diet basically is too high in fat compared to carbohydrates, we go easy on the nuts. Cereal grains are low in fat and high in carbohydrates. We need to increase the carbohydrates and lessen the fat in our diet. This is the reason that the Pritikin diet restricts nuts. The Pritikin therapeutic diet severely restricts fat.

Since you are looking for a low-fat diet for heart protection for your 67-year-old husband, we suggest you read the SatEvePost *Sep. '85 article about oil in fish that protects against heart disease. If you can't find a copy, let us know.*

Unlit Is Enlightened

If President Reagan and the members of Congress are really interested in reducing the staggering national debt, there is something they can do. All it takes is a little courage.

Canada levies a tax of 82¢ per pack on cigarettes. If Canadians can pay that amount of tax, there is no reason why Americans cannot. Many enlightened nations in Europe have a much higher tax than Canada, and the smokers accept their responsibility and do not ask the nonsmoker to pay for their habits.

The monetary damage caused by cigarettes (billions for insurance death claims, doctor and hospital bills, lost wages, fires, etc.) is equivalent to over $2 for each pack of cigarettes sold. There, a tax of only 82¢ is a small percentage of what should be levied. Fairness would require a tax of over $2 per pack so the majority of Americans (2 to 1) who do not smoke would not have to support this welfare fraud perpetrated by Murder Inc. (the tobacco industry).

The greatest benefactor of this tax adjustment would be the smokers themselves. When prices increase, consumption drops. Three hundred and fifty thousand people die prematurely each year because of the Merchants and Manufacturers of Death (the tobacco industry)—so thousands of lives could be saved.

If the Reagan Administration and Congress are honestly interested in reducing the national debt and are humanitarian enough to value human life above the worship of blood-stained money, they will adjust the tobacco tax structure in the spirit of fairness for the majority of Americans.

David W. Wurster
Williamsport, Pennsylvania

"The weather tonight will be iffy, followed tomorrow by partly iffy."

Smelling It Out

About the story "The Fumigation Chamber," July/August '88:

I am so glad "Betty Page" finally was able to recognize the damage that pesticides were causing, although unknown problems could have also been affecting her husband, cropping up as chronic symptoms rather than acute. Please refer these people with such problems to a clinical ecologist—they are physicians all over the country trying to save people from the effects of pesticides and other chemicals in the air, on the food, and in anything else we come in daily contact with. Here's hoping more and more people become aware of what is killing people inch by inch.

Betty Lynn
Gurnee, Illinois

Re: "The Fumigation Chamber" by Berton Roueché:

As a registered professional entomologist and president of a Florida exterminating company, it appears

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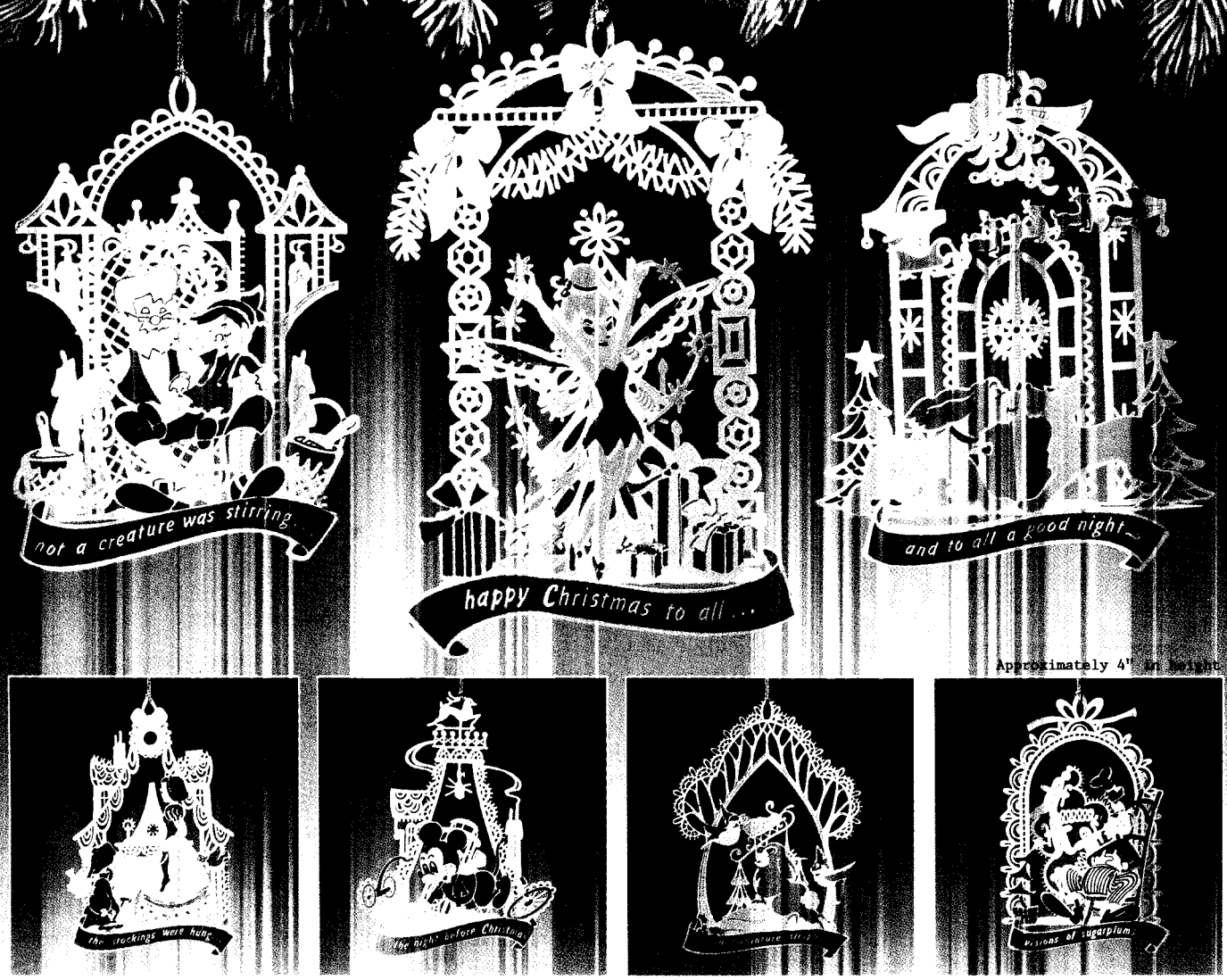
The Disney Collection Presents
"'Twas the Night Before Christmas"


not a creature was stirring
happy Christmas to all...
and to all a good night
Approximately 4" in height
the stockings were hung
the night before Christmas
visions of sugarplum

Disney Characters © 1988 The Walt Disney Company © 1988 Grolier Enterprises Inc.

Collect all 18 ornaments in lovely winterlace filigree.

One of the most loved holiday traditions is the famous poem by Clement Moore which begins, " 'Twas the Night Before Christmas." And now The Disney Collection offers this splendid series of ornaments on that theme — in three-dimensional scenes that bring each ornament to life, adding depth and richness to each vignette.

Each carries one line of the poem — and stars a favorite classic Disney character. Snow White, Pinocchio, Bambi, Mickey Mouse, Donald Duck, Goofy, Tinkerbell. And each arrives with a gold cord ready to hang on your tree.

Made in the U.S.A. of fine, solid brass filigree and silkscreened in bright colors on a winterlace background, these lovely ornaments show a beauty and delicacy of craftsmanship that is truly unique.

Bring this high quality collection into your home for Christmas by taking advantage of this special offer now, since supplies are limited. Fill out the Reservation Application to the right and mail it today.

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JNL

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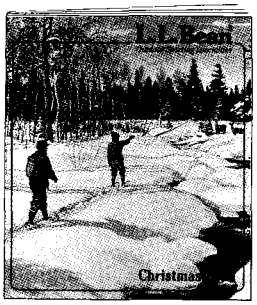

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our medical diagnosticians leave much to be desired in their medical expertise. In the feature mentioned above, the suspicions of "Drs. Betty and Lewis Page" should have been aroused from the exterminator's invoice and subsequent phone call to the company manager.

As medical doctors, they should know a prudent phone call to the nearest Poison Control Center (in *all* major cities) would recognize the symptoms and prescribe medical treatment.

The venerable Sherlock Holmes would not think this tale worthy of his insatiable curiosity.

Robert Wright
Fort Lauderdale, Florida

Well Covered

I really like *The Saturday Evening Post* very much, and just renewed my subscription to it. The health articles are very very good and I want them to continue. However, I miss real "Saturday Evening Post" *Saturday Evening Post* covers. I miss reproduced Rockwell and Leyendecker covers or an occasional "situation" cover that was always a *Post* hallmark. I don't think it's too much to ask to have covers such as this twice or even once a year. Think about it. This will probably do a lot for your newsstand sales too. I don't see the issues selling that well in my supermarket from one end of the month to the other. To be very honest with you, if I didn't have a subscription and know what a good magazine it is, I probably wouldn't pick it up judging from some of the covers. That admiral on the May cover did nothing for me, and although I like the photo of Judge Wapner, I'm not crazy about him.

Please bring back the classic covers in particular for July/August (patriotic) and December (Christmas).

Dave and Laurie Evans
Sherman Oaks, California

On the Lam from U.S. Lamb?

In regard to your April '88 issue, the article by Patrick Perry, "Take a Look at Lamb":

My husband and I have always considered *The Saturday Evening Post* an American standard and have enjoyed it very much.

Being an American lamb and wool producer, when we saw the article on lamb we were very pleased. However, when I started reading the article, I was shocked to read that your magazine was actually endorsing New Zealand lamb over American lamb.

The article claims that one highly prized variety of lamb comes from New Zealand, a point of national pride. Haven't you ever heard of American pride?

One reason New Zealand or Australian lamb is different from fresh American lamb is that they are in the Southern Hemisphere and their seasons are the opposite of ours. Thus they are shipping frozen lamb, fattened from grass (which makes the meat darker red and stronger tasting) to the U.S.

American lamb, on the other hand, is finished mostly on grain (produced by American farmers), which gives it that pinkish fine-grained texture and succulent flavor that the author is trying to describe.

My question is, did the author pay for this article as an advertisement, or is he a native of New Zealand?

I am a concerned American lamb and wool producer. Will you please send me an answer?

Mr. and Mrs. William Hartley
Washington, Pennsylvania

Editor's note: We in no way intended to imply that American lamb is inferior to New Zealand's. Look for further food pieces emphasizing the nutritious and tasty qualities of this meat.

Advantage: Becker

In the July/August copy of *The Saturday Evening Post*, there was a very interesting article titled "Looking Back: The Oddball Olympics." In this article, it mentioned some tennis players participating. One, Boris Becker, the West German, caught my eye a year ago, and ever since I have been trying desperately to find out something about him. Could you please give me his address and/or some information about him? I realize he lives in Monte Carlo, but I would still like an address. It would be greatly appreciated. Thank you.

Judy Stricklin
Florence, Alabama

Editor's note: You can write to Boris Becker c/o the U.S. Tennis Association, 51 East 42nd Street, New York, NY 10017.

Bette Davis Ayes

Thank you for the article on Jimmy Stewart in the May/June '88 issue. It was a very good article. I agree with Bette Davis when she stated that Jimmy Stewart is the nicest. In 1983, the people of Indiana, Pennsylvania (where Jimmy was born), had a 75th birthday celebration in his honor. We are so very lucky to have an actor like Jimmy Stewart who remembers where he came from. He cared enough to fly to our town to make us feel very special.

Jolene Leydic
Home, Pennsylvania

Favorable Verdict

Whenever I hear the expression "Here come da judge!" one judge in particular comes to mind, the Honorable Joseph A. Wapner. I think his TV show "The People's Court" is successful and has such a broad-based appeal because it not only personifies how a good judge should act, but also because Judge Wapner is believable. Even though his program may be classified as show business, it contains no Hollywood-style gimmicks or theatrics, as he conducts himself in a strictly professional, dignified, no-nonsense manner with

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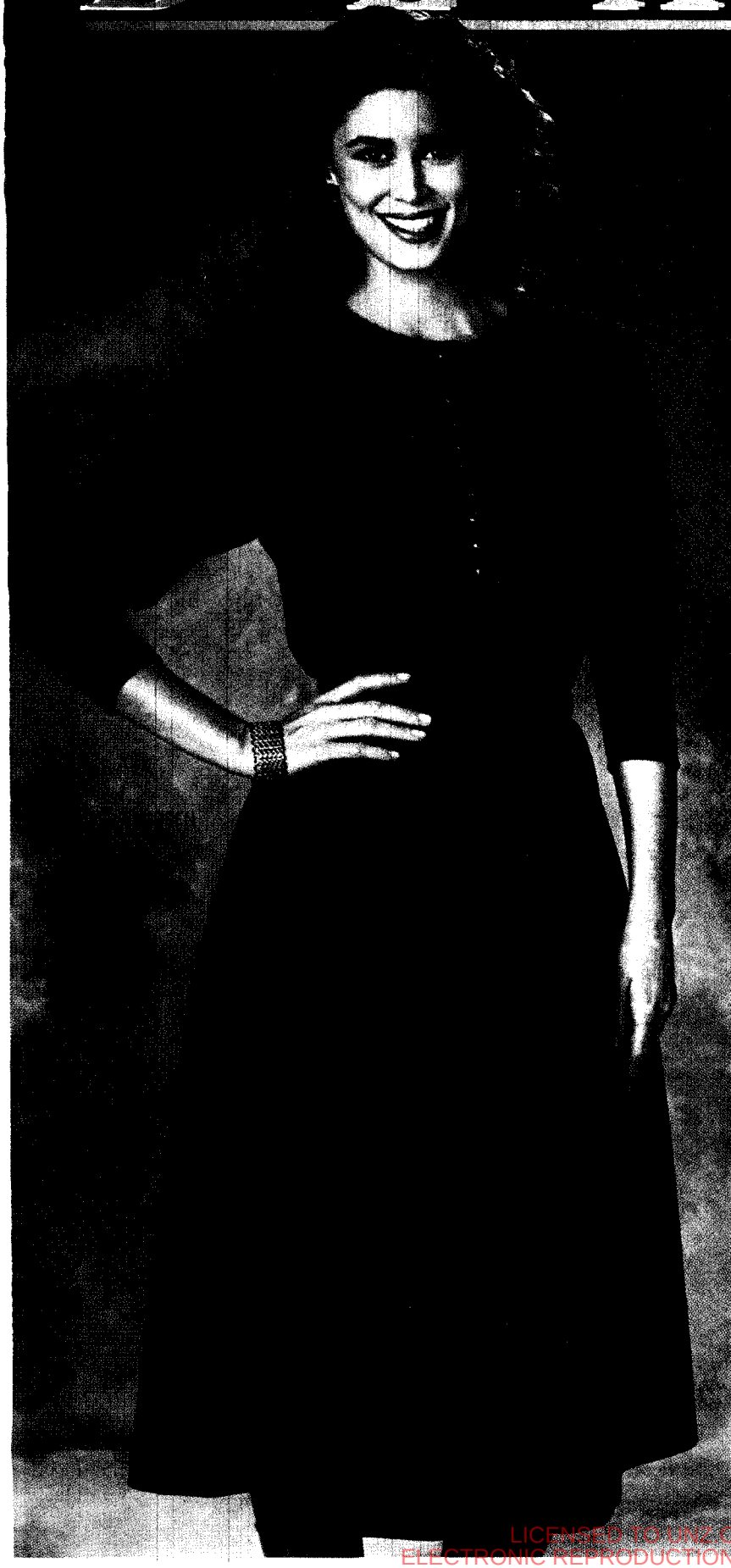

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integrity, fairness, impartiality and compassion. Some of his cases may be a little bizarre, but not the rationale behind Judge Wapner's decisions. He's very thorough and always tries to evaluate and weigh all the evidence before rendering a decision. Judge Wapner's article "My Most Important Decision" (July/ August) showed that even at an early age he had one of the primary prerequisites necessary for a judge, good judgment, as he chose law school over an acting career. However, I'm glad he never gave up his dream of becoming an actor. The TV courtroom would be an empty place without him.

Kenneth L. Zimmerman
Cypress, California

Headaches from Food Allergies

This letter is in response to Robert J. Schmidt of Mountain Home, Arkansas, whose letter about his headaches appeared in your Letters column, April '87 issue of last year.

Mr. Schmidt has my heartfelt sympathy as I, too, suffered from severe headaches for years before I discovered the cause. It was a food allergy, which I had to discover for myself because no physician I ever went to knew about allergies as a cause for headache.

Apparently doctors almost never think of this relationship. It is, however, a logical relationship because allergic reactions produce histamine, which causes the body tissues to swell. In other parts of the body there is usually some room for the swelling, but inside the skull there is very little room to spare! Hence the agonizing headache when the allergic reaction happens to affect the tissues inside the head.

My chief problem was an allergy to eggs. After many headaches I finally observed that they only occurred after I had eaten eggs. This condition developed during middle age—there was never any such problem in my youth. As time went on I developed other sensitivities, especially to food colorings and artificial flavorings, even small amounts of which would bring on the old familiar headache. The reaction would be delayed for a day or so, hence it took some detective work to find out the cause. It is not necessary to have a lot of expensive tests—one's own careful observation of diet and reaction is more dependable. And of course the remedy costs nothing—simply avoiding the offending food or substance.

It may be that Mr. Schmidt's headaches have some other cause. But perhaps you can pass this letter on to him in case it might be helpful.

Carol Armstrong
Tampa, Florida

"Whatever you do, don't mention their new camcorder."

Ad Angst

I have enjoyed your magazine for many years. However, in my last issue, there was a full-page ad by the Campaign Against Factory Farming. I can no longer remain silent, since I am one of these so-called factory farmers. However, my farm is run by my husband and me, and there are no other employees.

These people like to make everything sound the worst they possibly can. They lie to gain access to your barn. Only a sick calf is photographed, making the public think all animals are in this condition. The picture of medication is very misleading. I haven't had to give my animals a shot in weeks, and I know those bottles contain a lot of vitamins and iron. They say the farmer doesn't take care of his animals properly. He allows their iron level to drop and then drags the calf to market in the nick of time to be slaughtered. Not true! In my case, we live 4½ to 5 hours from the slaughterhouse. If my calves were sick, they would not make it there. Furthermore, the USDA government inspectors at the slaughterhouse condemn all sick and weak calves and will not permit their slaughter.

My calves are kept in a controlled temperature of between 60 and 70 degrees. Not so for the animal in the field. If one feels bad, he gets care immediately. Again, not so for the one in the field. We have raised them both ways, and believe me, the calf in the barn has it easier.

Sharon Wilson
Cox's Mills, West Virginia

Calvinism in Cumberland

I enjoyed Ervin Roorda and John McCollister's July/August article in *The Saturday Evening Post* re: the 200th birthday of the Presbyterian church in America, but I wonder why they did not mention the Cumberland branch of the church. In Kentucky and Tennessee there are many beautiful and historic old churches. My great uncle, Tom Neal, pastored one near Bowling Green, Kentucky, for years in the early part of this century.

Helen Y. Luke
Lumberton, North Carolina

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She was an orphan with a sunshine smile. And to celebrate the 75th anniversary of her story, Lenox presents *Pollyanna*—an original work of art in fine porcelain.

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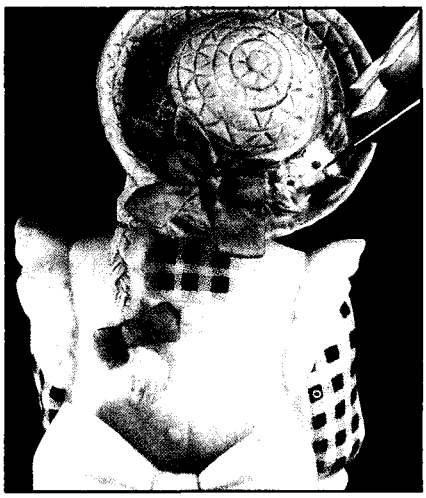
To bring this lovely sculpture into your home, enter your order by November 30, 1988. On credit card orders, call **TOLL FREE,** 24 hours a day, 7 days a week, **1-800-537-1600 ext. 906.** 46779

There she was, eagerly waiting at the train station for her Aunt Polly. "The slender little girl in the red-checked gingham with two fat braids of flaxen hair hanging down her back." —From *Pollyanna* by Eleanor H. Porter



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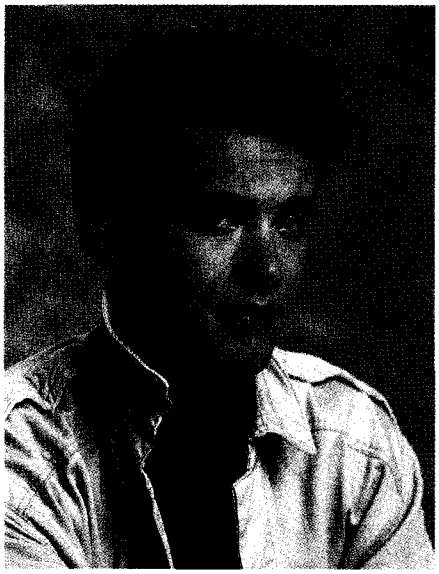
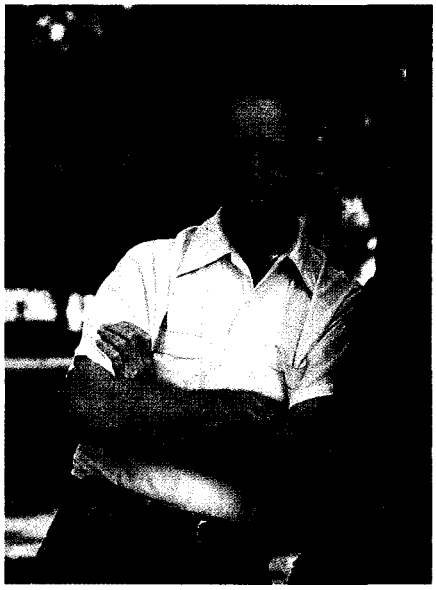


On the heels of colossal reviews for his performance in the summer smash *Big*, ***Tom Hanks*** is attempting a rather risky role. He portrays a not-so-likable comedian in *Punchline* with Sally Field. Hanks is costarring in real-life wedded bliss with the actress Rita Wilson, whom he married last April—they appeared together in the comedy *Volunteers*. Big on staying busy, Hanks has already begun filming a comedy horror story called *The 'burbs*, planned for release sometime next year.

Esther Williams, born in 1923, is still doing swimmingly. Following in the tradition of Gene Tierney and Ginger Rogers, the still-active star in the water was honored by this year's international Romantic Film Festival in Cabourg, France.

The Festival pays tribute to Hollywood's "Golden Age," of which Esther Williams—through her succession of lavish aquatic musical comedies that established a movie genre—is definitely a part. In recognition of her contribution to the entertainment world over the years, Williams was presented with a Medal of Arts and Letters.

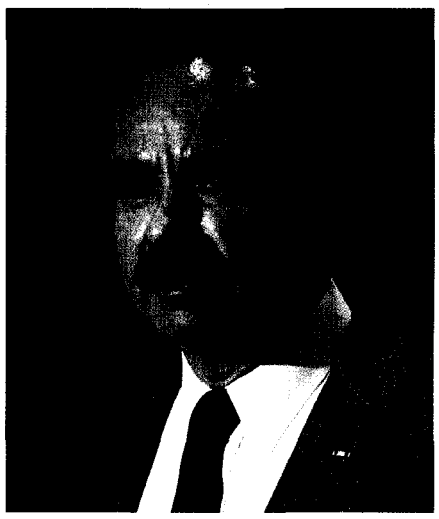


Don Ameche has a new role, but there's no chance of its adding a companion to the Oscar this 80-year-old debonair actor won for his 1985 role in *Cocoon*. Sparked by his son's diabetes, Ameche is now promoting free diabetes screening sponsored by RSVP (Roerig Screening and Verification Program). His tour has been visiting cities across the country from New York to San Francisco.

"It never enters my mind to sit back and take it easy," says this still-dapper movie matinee idol of the '30s, whose *Cocoon: The Return* will brighten this year's Christmas season.

Although most familiar for her appearances on the popular TV game show "To Tell the Truth," ***Kitty Carlisle Hart*** has done much more as a singer, movie star, actress, and wife of the late playwright-director Moss Hart. And now, add to the list author—of the autobiography *Kitty*. The book promises some entertaining

anecdotes about such famous friends and acquaintances as George Gershwin, who once proposed marriage to her; Sinclair Lewis, who wrote a play for her; and Bernard Baruch, who told her that the way to make a lot of money is to "work hard."



G. Gordon Liddy, the author of *Will*, the best-selling volume that sprang from the Watergate unpleasantness, is looking for a guest sparring partner for his new syndicated talk show, "Liddy."

What he is seeking is an outspoken soul who can go one-on-one in heated debate with the host. The winner will be rewarded with an expenses-paid trip to the studio.

If you think you qualify—and you can talk your spouse into letting you go—write for information to The Liddy Challenge, c/o All American Television, 304 E. 45th St., New York, NY 10017.

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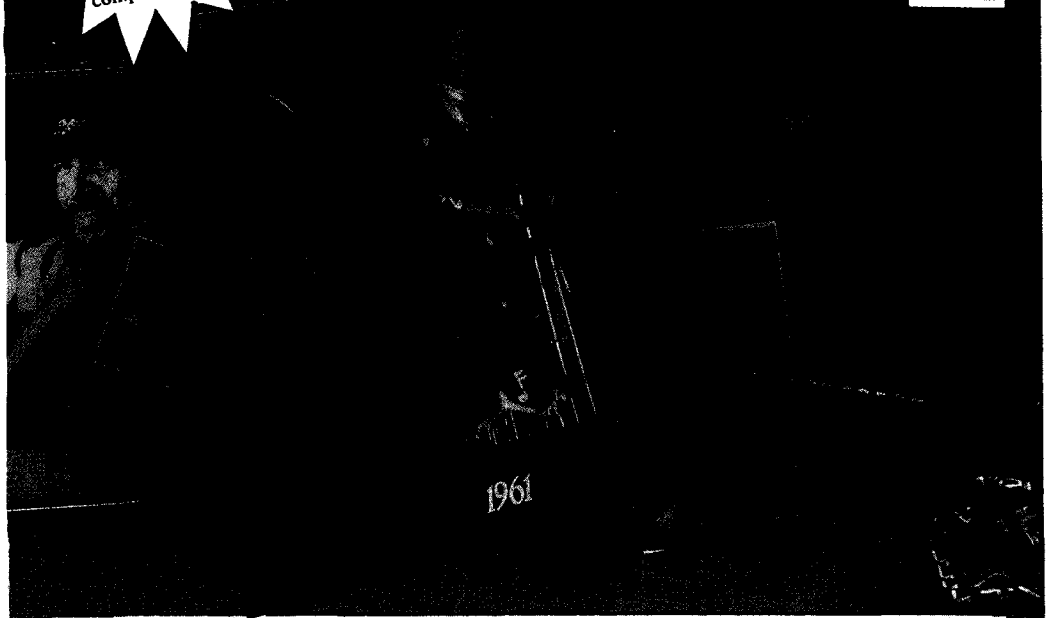

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- Walk on By **Leroy Van Dyke**
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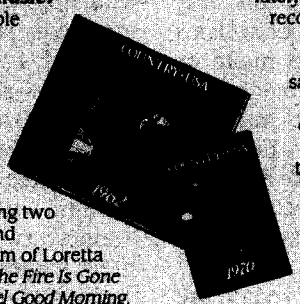
Your journey begins in 1961, a year when songs like *I Fall to Pieces*, *Crazy*, and *Hello Walls* skyrocketed to the top of the charts in stellar performances by Patsy Cline and Faron Young. From the shuffle rhythm of honky-tonk songs like Buck Owens' *Foolin' Around* to the warm, romantic tones of George Jones on *Tender Years* and the frank appeal of Kitty Wells in *Heartbreak U.S.A.*—1961 yielded some of America's best-loved country classics.

The '50s, '60s, and early '70s—so many great times, so much fabulous music! *1957* takes you back to unforgettable hits like Ray Price's *My Shoes Keep Walking Back to You* and the sweet mountain harmonies of *Bye Bye Love* by The Everly Brothers. And, once again you'll hear Jim Reeves ask the plaintive question, *Am I Losing You?*

Then, *1971* introduces the incomparable Dolly Parton performing two of her best—*Coat of Many Colors* and *Joshua*. You'll hear the magical team of Loretta Lynn and Conway Twitty on *After the Fire Is Gone* and Charley Pride in his *Kiss an Angel Good Morning*.



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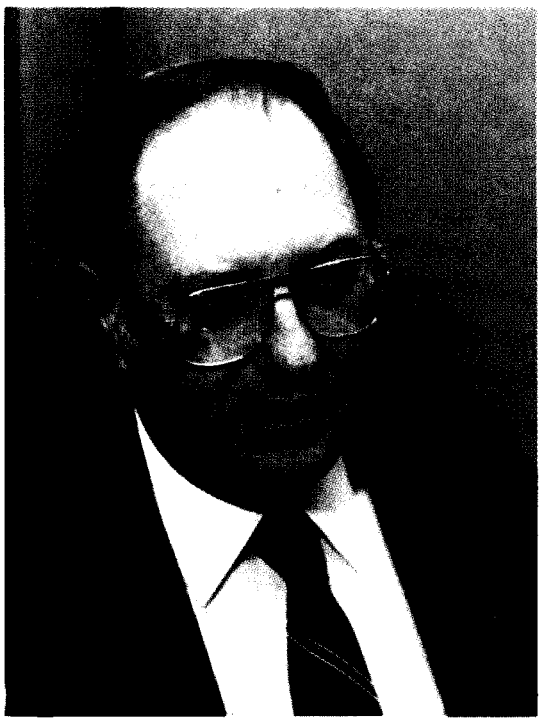
THE GENE REVOLUTION

We are just beginning to gather the first fruits of a harvest whose scope and abundance we can scarcely imagine.

by Frank E. Young, M.D., Ph.D.

One thing that attracted me to the Food and Drug Administration three years ago was the opportunity to help bring the fruits of the new biotechnology—with which I had been so involved in the research lab—into the marketplace. My whole career was in microbiology and genetics and the exciting research that led to a revolution in cloning techniques. Now, as FDA commissioner, I'm involved in the equally exciting work of overseeing the review of the growing number of biotechnology products as they pass from laboratory to commercial application. It is a rare privilege to have been in on the ground floor of a new field scientifically and to be responsible for its safe introduction to the marketplace.



Dr. Frank Young finds the gene revolution fascinating at the molecular level, while on a larger scale, he is causing something of a revolution himself at the FDA. Under his direction, this cumbersome, underfunded agency, often maligned for excessive bureaucracy, has taken off on a fresh new tack.

The early therapeutic products of biotechnology—the drugs and vaccines approved by the FDA—have generally been paragons of purity, safety, and effectiveness. And FDA review times have averaged less than half that ordinarily required. A major reason is that FDA reviewers are scientists whose research expertise and interests are closely related to the types of products they review. Since the FDA functions as a gatekeeper for a wide variety of biotechnology products, this science-based approach is essential to efficient technology transfer. Because we have the expertise to work closely with industry sponsors and clinical investigators engaged in biotechnology, the FDA has been able to actively collaborate in the process of developing safe and effective products.

One question in particular arose early on as the FDA prepared to confront the explosion of new products derived through biotechnology: Were new regulations needed? We soon concluded that the answer was no—that the products of biotechnology are fundamentally similar to those produced by conventional techniques, and they are adequately controlled by existing regulations. We do not need new rules. The best course is to judge each product on its own merits.

When we speak of biotechnology, it sounds like something brand new and, possibly, foreboding. Actually, biotechnology has been used since the beginnings of civilization. Broadly defined, biotechnology means any technique that uses living organisms (or parts of organisms) to make or modify products, to improve plants or animals, or to develop microorganisms for specific uses. For centuries, simple forms of biotechnology have been used to crossbreed plants and animals and to make cheese, beer, and wine.

What's so newsworthy today are the advances being made possible through the "new" biotechnology of genetic engineering and monoclonal antibodies. Genetic engineering (a type of biotechnology), also known as recombinant DNA technology, involves manipulating an organism's genetic material. (Genes are segments of DNA; they are often described as the "blueprint" for a living organism.) In genetic engineering, genes for specific functions, such as making insulin, are taken from one organism and combined with the genes of a second organism. In this way, such microbes as bacteria can be induced to make such human proteins as insulin or growth hormone. Genetic engineering has also improved penicillin production by the organism *Penicillium chrysogenum*, resulting in an increased output of penicillin of more than a hundredfold.

Monoclonal antibody production harnesses cells of the immune system—rather than bacteria or yeast—to manufacture medically useful products. An immune cell, stimulated to secrete a specific antibody, is fused with a long-lived cancer cell. The resultant group of hybrid cells, or hybridoma, produces the single desired antibody, and does so indefinitely. This technique permits the production of purer and less expensive materials for research and for diagnostic and therapeutic applications.

Much of the pioneering commercial application of the new biotechnology is taking place in the pharmaceutical, food, and medical-device industries—all product areas regulated by the FDA. In fact, the FDA has already approved many products of new biotechnology, including human insulin, two human growth hormones, two forms of interferon to treat leukemia, and a new vaccine for hepatitis—all derived through recom-

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CHRISTMAS DREAMS

The children waited with wide-eyed anticipation for the magic moment to arrive.

Shown smaller than actual size of 8½" diameter.

Share the magic with an enchanting holiday gift...
"Where's Santa?"—*the first limited-edition Christmas plate from Franciscan, known for porcelain craftsmanship for over 100 years.*

Now all the breathless anticipation of Christmas wonders to come has been delightfully captured in "Where's Santa?" It is the first limited-edition Christmas plate ever created by Franciscan—which has held a distinguished position among the world's great porcelain houses with designs that have graced the tables of kings and presidents for over 100 years. And it is also the first plate created by renowned artist Theresa Borelli.

Two "firsts" are sought after by collectors

Two "firsts" are rare for collectibles, and this beautifully designed plate will make a cherished gift for someone special or for yourself.

Where's Santa? Will he come soon? The little boy tugs excitedly at his sister's elbow, surrounded by all the colorful promise of Christmas—bright red ribbons, shimmering candles, cookies, the tree sparkling with tinsel. The magic of the scene has been beautifully interpreted by the artist and exquisitely reproduced on fine white porcelain, embellished with 24 karat gold.

Each plate in this strictly limited edition is serially numbered, bears the signature of the artist, and is accompanied by a Certificate of Authenticity.

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binant DNA techniques. Most recently we approved tissue plasminogen activator or TPA, a biological drug that dissolves clots in coronary arteries. By treatment of people with heart attacks within three hours after the initial onset of pain, the damage to the heart that normally accompanies a heart attack can be markedly reduced. And some 200 monoclonal antibodies are being used as diagnostic tests to detect conditions from pregnancy to venereal disease. Another monoclonal antibody, to reverse kidney transplant rejection, is the first approved for use inside the human body—a major breakthrough.

One of the next breakthroughs in biotechnology may well be in a field called gene therapy. This is a technique that may one day allow doctors to cure inherited diseases, such as a sickle-cell anemia or even some forms of heart disease, by replacing absent or defective genes with normal ones. We can also look forward to the possibility of a malaria vaccine achieved through recombinant DNA techniques. One such vaccine is now being tested; if it proves successful, it could alleviate massive human suffering in the less developed nations of the world, where malaria afflicts an estimated 200 million people.

Also of immense benefit to the developing world will be the application of the new biotechnology to revolutionize the way we grow and process foods. Such innovation even has the potential to produce totally new food products. Already, scientists are able to place genes in plants to make them produce more nutritionally complete proteins, like putting a beefsteak into a potato, if you will. Progress has also been made in introducing into various plants resistance to disease, pests, and spoilage after harvest.

The potential for biotechnology to cure disease and feed a hungry world is truly exciting. I believe we are just beginning to gather the first fruits of a harvest whose scope and abundance we can scarcely imagine.

But progress in biotechnology research has been accompanied by fears of unintended or unanticipated harm from genetic engineering experiments. I believe many of these fears have been greatly exaggerated. Experience has shown us that advances in knowledge are worth struggling for and are more likely to produce good than ill. The precise techniques of biotechnology in many ways ensure that its products are even safer than those produced through conventional methods. Genetically engineered human growth hormone has replaced growth hormone derived from cadavers, not only because it is easier and cheaper to produce, but also because it is more pure. Distribution of the cadaver-derived hormone was suspended in 1985 when some batches were thought to have been contaminated with the virus that caused Creutzfeldt-Jakob disease, an extremely rare and invariably fatal infection, in three patients who received the hormone.

"Just give me the ticket—my husband will give me the sermon."

The federal government has numerous safeguards to protect the public from any hazards of biotechnology through the existing regulations of the FDA, the U.S. Environmental Protection Agency, and the U.S. Department of Agriculture. Safety first is a most important principle. These agencies have for years overseen the safe use of products derived through the "old" biotechnology, such as new plant species, animal breeds, and biological pesticides. Bacterial preparations for promoting the growth of soybeans, alfalfa, and other legumes have been sold in this country since the beginning of the century. These products contain common *Rhizobium* bacteria that allow the plants to obtain nitrogen from the air. More than 75 microbial pesticides are approved by the EPA, and these organisms are widely used in agriculture, forestry, and insect control. One is the *Bacillus thuringiensis*, more commonly known as milky spore, used to safeguard the nation's forests from gypsy moths and tussock moths and by many homeowners against Japanese beetles.

Innumerable other examples of "releases" of live organisms into the environment have been successful, beneficial, and safe. Live, weakened, genetically engineered viruses are used in human vaccines for mumps, measles, polio, and yellow fever. These are administered in tens of millions of doses annually throughout the world.

The alternative to controling nature is to allow nature to control us. Surely there can be no reason to prefer malaria to a genetically engineered vaccine or to accept world hunger if we improve crop yields and nutritional quality through biotechnology. And there has not been a single significant safety problem during the more than ten years that new biotechnological techniques have been used in laboratories or applied by industry.

The FDA and other health protection agencies must, and will, of course, respond to legitimate concerns. We must use scientifically sound regulation to govern the use of biotechnology products and to allow the underlying research to proceed. Our regulation must not be so rigid or excessive that it stifles innovation and blocks the public's access to the fruits of biotechnology.

Along with its regulatory role, the FDA is engaged in an educational effort to make sure the public understands and appreciates the safeguards in place for biotechnology products. I encourage others involved in biotechnology research, development, and regulation to share in this effort, for—as for any scientific or engineering breakthrough—public understanding is vital to the success of the "gene revolution."

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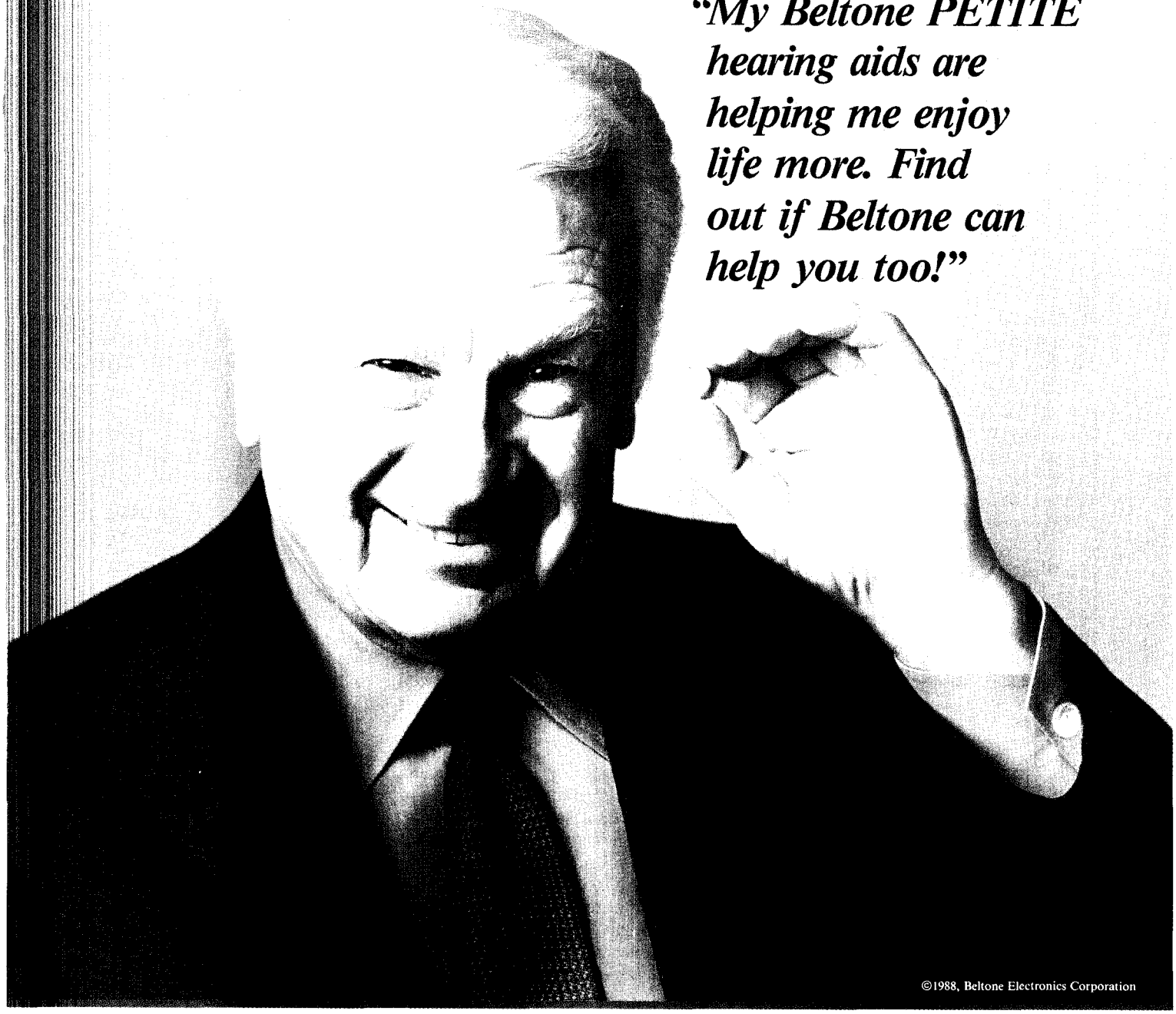
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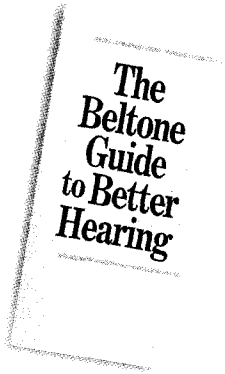

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MICROWAVE BREAKFAST ON THE BAYOU

Southern hospitality made in the microwave.

by Jacquelyn Nyenhuis

Here's one for people with adventurous tastes who really enjoy "going regional." The unusual Creole and Cajun flavoring may take some getting used to at first, but once you get in the swing of this down-home Louisiana cuisine, other foods can seem bland by comparison.

The famous Oysters Rockefeller is a New Orleans original—born in 1899 at the venerable Antoine's restaurant on St. Louis Street. The exact ingredients of the original recipe—long a secret—are still a matter for speculation. They are said to have included absinthe and watercress along with oodles of fresh, rich butter—hence the namesake of the richest man in America. Our microwave version strives for a healthy medium that keeps the spirit of the original.

No Southern breakfast would be complete without grits—and Louisiana's cooks know how to make them irresistible with cheese, onion, garlic, and a dash of hot-pepper sauce.

Ideally, the breakfast should include fresh figs or Louisiana satsumas, a succulent variety of tangerine that grows along the Mississippi south of New Orleans.

— MENU —

FRESH FIGS OR LOUISIANA SATSUMAS

APPLE-ALMOND COFFEE CAKE

GARLIC CHEESE GRITS

OYSTERS ROCKEFELLER

CAFÉ AU LAIT

Apple-Almond Coffee Cake

(Makes 6 servings)

4 medium Granny Smith apples
¼ cup apple juice
1 tablespoon cornstarch
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup sugar
¼ cup softened margarine
1 egg
½ teaspoon vanilla
1 cup whole-wheat flour
½ teaspoon baking powder
¼ teaspoon baking soda
¼ teaspoon salt
¾ cup dairy sour cream
¼ cup toasted, slivered almonds

Peel, slice, and core apples; place in 1-quart measure. Toss apples, apple juice, cornstarch, and spices until well-mixed. Cover with plastic wrap. Microwave at High (100%) 6-7 minutes or until mixture boils and thickens, stirring once or twice; set aside. Beat sugar and margarine until light and fluffy. Beat in egg and vanilla. Stir in next 5 ingredients. Spoon batter into 6" round baking dish; cover with waxed paper. Microwave at High 5-6 minutes or until center is no longer doughy. Arrange apple slices over coffee cake and top with toasted almonds. Serve warm.

Garlic Cheese Grits

(Makes 6 servings)

2 tablespoons margarine
½ cup chopped onion
2 cloves garlic, minced
3½ cups chicken broth
½ teaspoon salt, if desired
1 cup hominy grits
2½ cups grated sharp cheddar cheese
3 eggs, beaten
Dash Louisiana hot-pepper sauce
Hot peppers

Combine margarine, onion, and garlic in 2-quart casserole. Microwave at High (100%) 3-3½ minutes or until tender. Add broth, salt, and grits; cover with casserole lid. Microwave at High 10-11 minutes or until water is absorbed; stir once. Stir in 2 cups cheese until melted. Stir in eggs and hot-pepper sauce. Microwave at High 12-13 minutes or until set. Spoon grits into 6-cup mold. Let stand 10 minutes and unmold. Top with remaining cheese and garnish with hot peppers.

Oysters Rockefeller

(Makes 6 servings)

¼ cup chopped green onions
2 tablespoons chopped parsley
1 tablespoon margarine
1 cup cooked, puréed spinach
¼ teaspoon celery salt
1 teaspoon Worcestershire sauce
½ teaspoon anchovy paste
Dash Louisiana hot sauce
1 teaspoon horseradish sauce
½ teaspoon fresh, minced basil
¼ teaspoon marjoram
1 dozen oysters
½ cup Gruyère cheese

Combine onions, parsley, and margarine in 1-quart casserole. Microwave at High (100%) 3-4 minutes or until tender. Stir in spinach, salt, Worcestershire sauce, anchovy paste, hot sauce, horseradish sauce, basil, and marjoram. Lightly butter individual ½ cup ramekins. Prick oysters with fork and place 2 in each ramekin. Microwave at High 2-3 minutes or until edges of oysters curl. Top with sauce and Gruyère cheese. Microwave at High 4-5 minutes or until heated through.

Café au Lait

(Makes 6 servings)

3 cups strong black coffee
3 cups milk
Sugar to taste

Add equal amounts of milk and coffee to each cup. Sweeten as desired.

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DOING AWAY WITH DENTAL PAIN

New developments may bring an end to needles in the dentist's office, and long-lasting relief for patients with hypersensitive teeth.

by Laurie S. Senz

Illustrated by Don Trawin

The foods we eat may affect more than just our weight—they may also cause dental pain in the future.

David Pashley, a regents professor at the Medical College of Georgia School of Dentistry, says the high amount of dietary acid found in lemons, grapefruit, real fruit juices, red wine, and tart yogurt can eat away the thin protective covering called "cementum" that covers the necks of our teeth—exposing us to pain.

"The majority of people first experience teeth sensitivity between the ages of 25 and 30," Dr. Pashley says. The reason is that our gums recede normally with age to expose the necks or roots of our teeth. These roots are protected not by hardy enamel, but by the more easily eroded cementum.

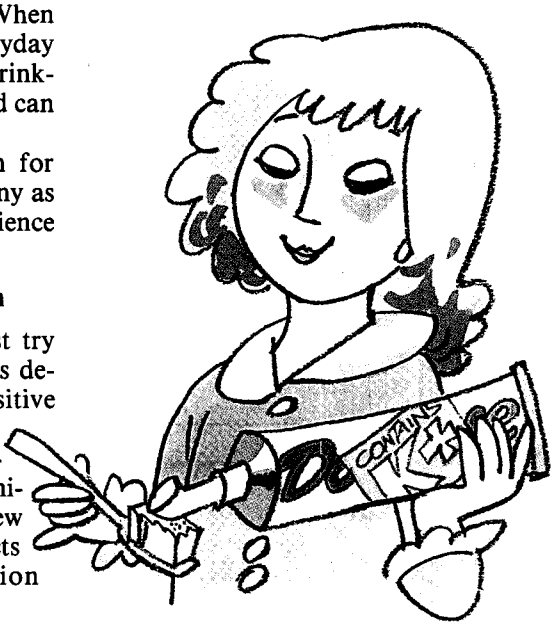
Food is not the only culprit. Improper or rigorous brushing, flossing, or use of toothpicks can also wear away the cementum and expose the sensitive dentin underneath. When this occurs, such simple everyday pleasures as eating ice cream, drinking hot tea, or munching on salad can evoke a wince of pain.

The International Association for Dental Research says that as many as one in seven adults will experience dental hypersensitivity.

When Your Teeth Say Ouch

For relief, most sufferers first try one of the numerous toothpastes designed specifically "for sensitive teeth." How effective are these dentifrices? Syngcuk Kim, an associate professor at Columbia University's dental school, says new research has shown that products containing the potassium ion "K+" are effective in reducing nerve activity and taking the "sting" out of sensitive teeth. Though the exact mechanism is uncertain, Dr. Kim believes the potassium helps by reducing nerve excitability.

Potassium nitrate is found in such toothpastes as Denquel from Richardson-Vicks, Promise from Block, and Mint Sensodyne from Dentco. These products must be used regularly in order to work, Dr. Kim says, because their effectiveness is temporary.



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High concentrations of topical stannous fluoride, available in gel form from your dentist, have also been proven clinically effective—but only when applied to sensitive teeth daily.

"The dental profession is by no means united on which is the best product," says Henry Trowbridge, a dental pathologist at the University of Pennsylvania. His advice? "Discuss this problem with your dentist and don't become discouraged. Dental hypersensitivity is controllable."

A treatment that provides longer-lasting relief is just around the corner. University of Michigan researchers gave 28 patients a one-time treatment with a different potassium compound—dipotassium oxalate. Four weeks later, sensitivity had been reduced by 62 percent, the researchers told an International Association for Dental Research meeting. Dipotassium oxalate, when combined with the calcium found in the tooth's structure, forms insoluble crystals that protect the sensitive dentin.

Dr. Pashley is currently developing this newest tooth-sensitivity treatment for office use. And a toothpaste may be on the way. In the meantime, your dentist or endodontist can help you determine which of the different ways of treating extra-sensitive teeth is right for you.

Dialing Away Pain

Scientists at the University of Southern California School of Dentistry have good news for the approximately 35 million Americans who suffer from fear of dental pain or "needle phobia." New studies with TENS-like (transcutaneous electrical nerve stimulation) machines have proven that electronic dental anesthesia is just as effective as Novocaine for eliminating patients' pain when having cavities filled or periodontal problems treated.

Associate professor Dr. Stanley Malamed says more than half the patients in the study preferred this new form of anesthesia. Needle phobia was only part of the reason. "Once the electronic anesthesia machine is turned off you're back to normal," Dr. Malamed explains. "There's no numbness, lip drooping, or slurred speech."

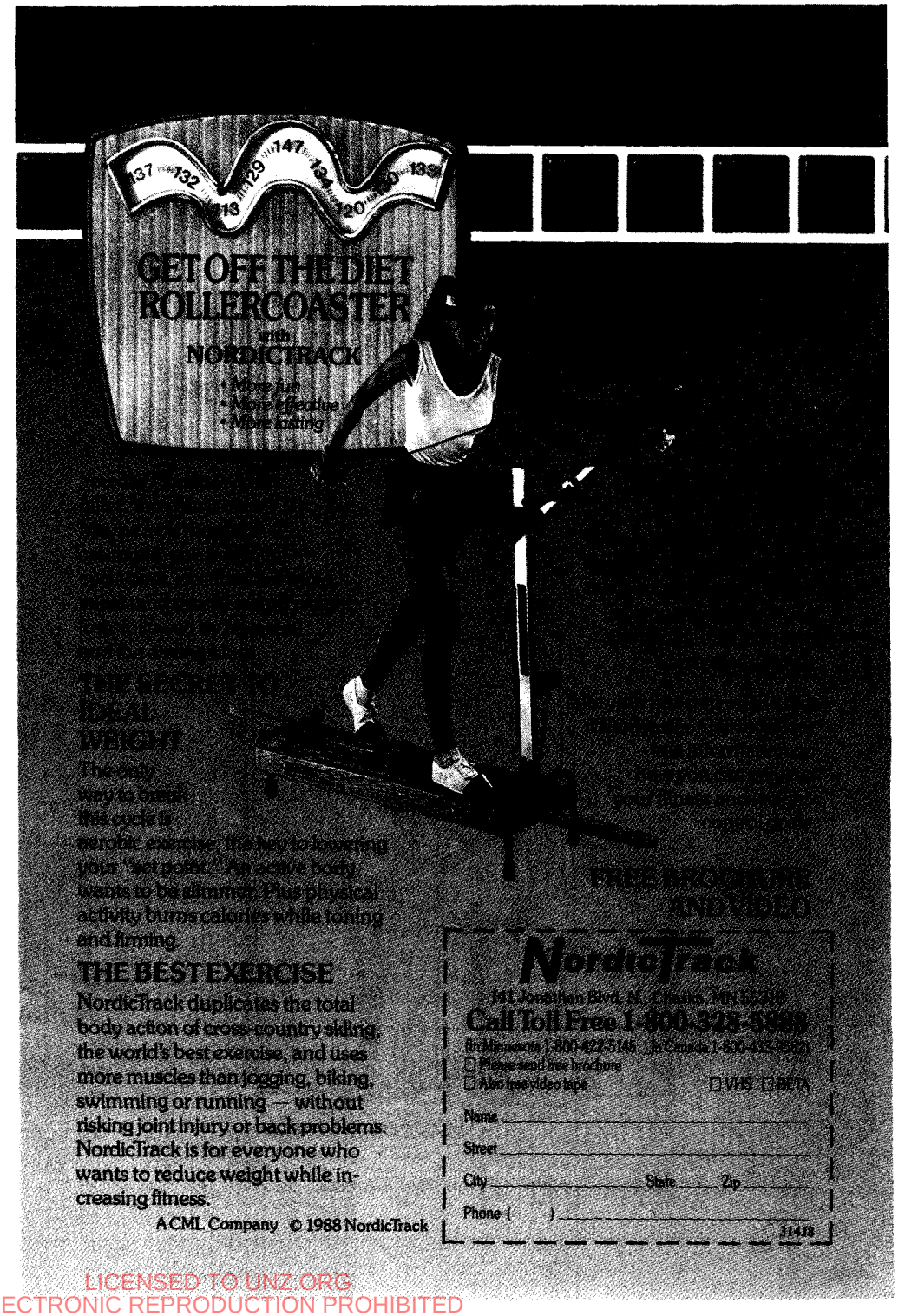
The technique is simple. Two macaroni-noodle-sized electrode pads are placed into the patient's mouth. The patient is then handed a control device to reduce or intensify the pulsing electrical current. These electrical pulses act as a roadblock, blocking the perception of pain by the brain.

"It's like a phone line," Dr. Malamed explains. "If all the circuits are busy you can't place the call. With electronic anesthesia the nerve fibers are so overloaded with nonpainful stimuli that the pain impulse gets a 'busy' signal when it tries to reach the brain. Therefore, for all intents and purposes, pain doesn't exist for that patient."

What does electronic anesthesia feel like? One woman, who had several cavities filled using this method of pain-free dentistry, said it felt as if a feather were tickling her gums.

"Electronic dental anesthesia is the wave of the future," Dr. Malamed says. "I predict that within one or two years there will be a tremendous increase in the numbers of dentists using these devices."

To receive a free brochure on electronic anesthesia, call the Pain Prevention Lab in Northbrook, Illinois, at 1-800-648-0999.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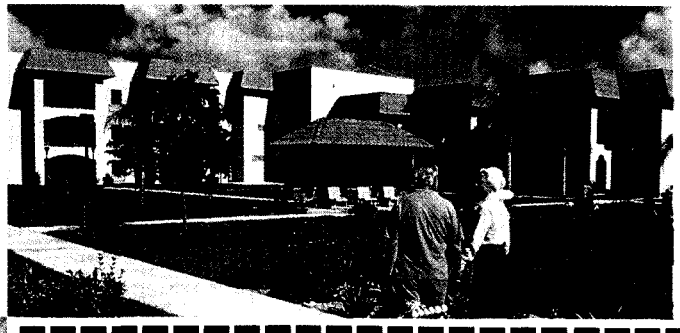

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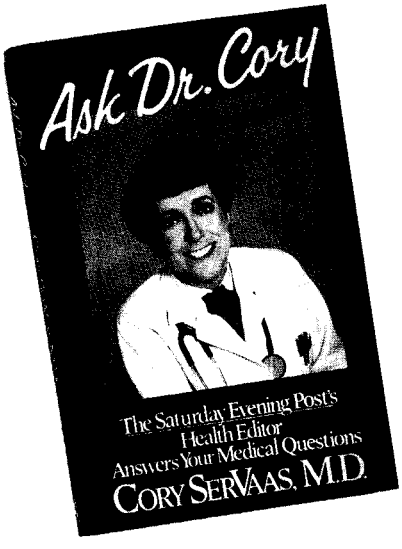

(Yours FREE with your paid subscription to the POST.)

Many practical medical facts are found in this new hot-off-the-press publication, *Ask Dr. Cory.* It will be sent to you with your paid subscription or renewal to *The Saturday Evening Post* for one, two, or—the best money-saving offer—three years. Upon payment, we will mail a FREE copy of *Ask Dr. Cory,* the book in which the *Post's* health editor answers your medical questions.

Want to know more about mankind's latest and perhaps greatest affliction? You'll find it in the chapter headed "Common Questions About AIDS." Dental care? Turn to "Eyes, Ears, Teeth." Plastic surgery? It's all here. So are "Kidney Stone Prevention," "Hemorrhoid Problems," "Organ Transplants," "Diabetes," "Yeast Infections," and you name it. If you don't find the answers in this book's well-laden pages—even to "Pap" smears for early detection of lung cancer—chances are the health problem is not worth a second thought.

Dr. Cory SerVaas' "Medical Mailbox" column in the *Post* has prompted letters by the thousands from readers whose lives have been changed, and even saved, by reading her findings. Countless letters of appreciation have also originated from grateful viewers of Dr. SerVaas' numerous TV programs, in which she discusses some of the toughest medical problems now besetting mankind.

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than likely you should have kept your copies of the *Post* giving facts about these problems. But you need only turn to *Ask Dr. Cory* for the answers to your questions.

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KH03

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MONEY TALK

ANSWERING YOUR FINANCIAL QUESTIONS

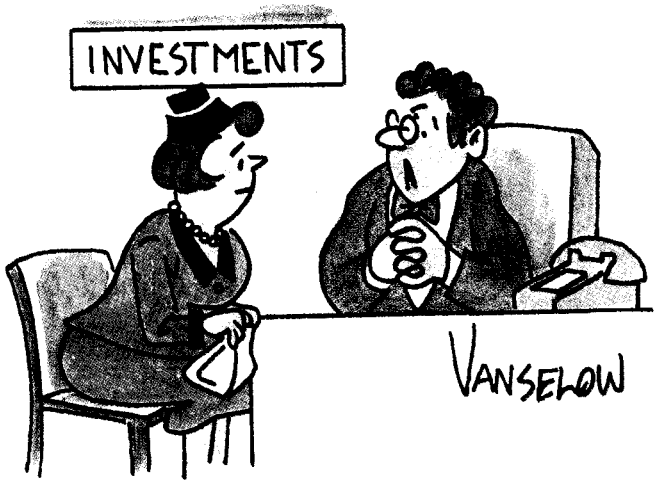
by Venita VanCaspel

Q. I did not make an IRA contribution last year because I was not eligible to deduct it and because I heard the accounting for it was complicated. I am now wondering if I made a mistake and if I should make a contribution for 1988.

A. First, let's address the bookkeeping. It is not complicated. Designating your nondeductible contribution on Form 8606 will take probably no more than 5 minutes. Also, the bookkeeping is not unduly complicated when you start withdrawing. Now, let's look at the opportunity lost by your not having made your contribution last year. Two thousand dollars at only 7 percent would grow in 30 years to $15,224.60. That means that you sacrificed $13,224.60 of tax-deferred earnings because you did not want to spend five minutes completing Form 8606. That is $2,644.92 a minute. Also, if you were to make a $2,000 contribution each year for 30 years and average 7 percent, it would grow to $188,920. At 15 percent per annum, the minimum I think you should average over a 10-year period, your $2,000 would grow to $132,443.60—and if you made a yearly IRA contribution for 30 years, to $999,913.80.

Q. I am 62 years of age, have worked 40 years making the required contributions to Social Security, and now want to retire. If I do, should I start taking my Social Security benefits at age 62 or wait until I am 65?

A. Begin at 62. Although you will receive only 80 percent of the age-65 benefit, you will have a three-year head start. Only at age 77 will the full annual benefit surpass the extra benefits received from the earlier start.



"No, a trust fund is not a loan made without collateral."

Think of the added enjoyment you could have from the income over those 15 years. After all, there is no assurance you'll reach age 77.

Q. When I start receiving Social Security benefits, will they be taxable?

A. That depends on your other income. You will be subject to tax on one half of your annual Social Security benefits based on the following:

Calculate your adjusted gross income (before Social Security benefits but including your tax-exempt income such as municipal bonds) plus one half of your annual Social Security benefit. This is your combined income for taxability test. If you are married, filing jointly, and your combined income exceeds $32,000 ($25,000 for a single filer), divide the amount by which it exceeds $32,000 in half and compare this with one half of the Social Security benefits you received for the year. The lesser of these amounts is included as taxable income.

Q. I am 60 years of age and am receiving a lump-sum distribution of $100,000 for early retirement. I am trying to decide whether to do an IRA rollover or pay the tax now. I have other funds to live on that should last me for five years.

A. I recommend that you do an IRA rollover for a number of reasons. First of all, you don't lose $16,400 to taxes immediately. The tragedy of paying taxes is you lose not only those dollars but also the money they would earn for you. Second, that money can compound tax-deferred for another 10½ years until you are 70½, at which time you must start taking it out based on you and your beneficiary's life expectancies. Even after you start taking it out, the portion left in continues to compound tax-deferred. If you do not roll it over, not only do you lose the tax, but every dividend, every bit of interest, and any capital gains you make are taxable events.

Q. What is the most common mistake you see people making with their money?

A. It is confusing "stability" and "safety." Stability is the return of the same number of dollars at a point in the future (plus interest). "Safety" is the return of the same amount of food, clothing, shelter, etc. You can be stable and not be safe, as you just saw in my answer above. Thirty years ago it was quite possible for a couple to retire comfortably on $8,000 a year. That certainly is not true today. Of course, they would still have the original nest egg of $100,000, but that too will buy only a fraction of what it used to.

If you have a money question you would like to have answered, write Money Talk, c/o *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202.

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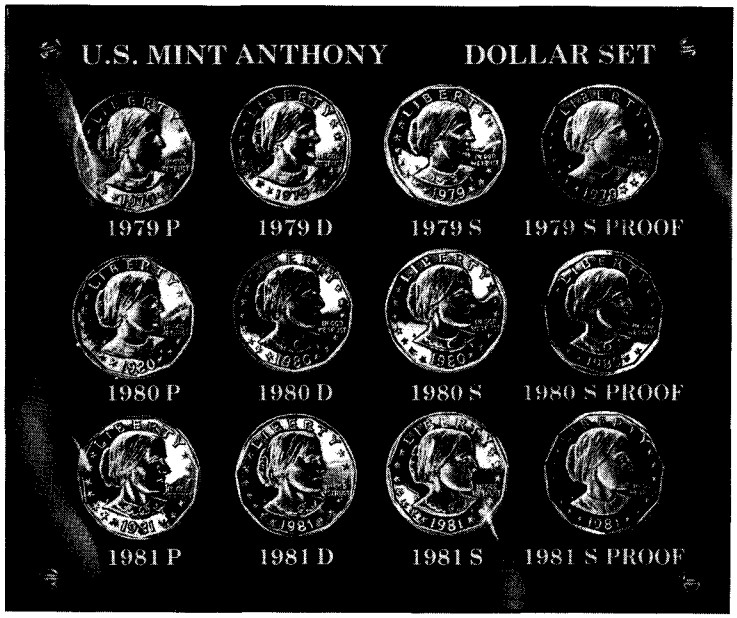
AN OPPORTUNITY LIKE THIS MAY NEVER AGAIN OCCUR IN YOUR LIFETIME! A most unpredictable blunder has made it possible. When the United States Mint first issued the Susan B. Anthony $1 coins in 1979, they never intended them to be sought after by collectors and investors. But, since the minting stopped in 1981 after only two years, that is how it turned out.

Here's the reason that makes the Susan B. Anthony Complete Mint Set so unusual with good future profit potential. In 1979, The United States Mint produced millions of SBA coins for circulation, and then found that hardly anyone wanted to use them. In 1980, they cut way back and minted only about 12% as many. In 1981 they did not mint *any at all for general circulation.*



FUTURE POTENTIAL APPRECIATION!

This complete genuine U.S. Mint issue 12 coin set is the *complete* definitive Susan B. Anthony set—of *all* the *years*, *all* the *versions*, *all* the *mints*. The accompanying Certificate of Authenticity guarantees each coin to be a genuine U.S. Mint-struck Brilliant Proof or a genuine Brilliant Uncirculated coin. Today, priced to provide a serious collector's opportunity at only $149 per set, including its own handsome custom designed display case. It can become a worthy family heirloom.

However, this offer is necessarily limited by our ability to assemble sets of this extinct issue of superb coins. When the limited collection is exhausted, all unfilled orders will be returned. To avoid disappointment in acquiring a definitive set of SBA coins, which will never be minted again, take advantage of this opportunity while it is before you and mail the coupon below or call toll free today 1-800-USA-5858 or 1-800-351-1072.

What's so remarkable about this Collector's Mint/Proof Set? Consider these facts:

- In 1981 the third and final year a relatively small quantity was minted, but *never issued for general circulation.*
- Susan B. Anthonys are undoubtedly one of the shortest lived circulating American dollar coin series ever minted.
- This may be the only complete "closed" U.S. Mint coin issue you will ever be able to buy in your lifetime at this price.
- These could be the last $1 circulating coins the United States will ever issue, and most likely the last silver colored ones.
- Congress has discussed whether they should order the U.S. Mint to melt down their remaining surplus millions of stored 1979 & '80 SBA's (which the Mint now sells on special order at a premium)!
- The Government does not have a store of nor do they sell the 3 different 1981 SBA's and the proofs from 1979, 1980 & 1981 which they minted and never released for general circulation, but all of these coins are *in this definitive Collectors Set.*

SIMILAR COIN WORTH $850.00! WILL HISTORY REPEAT ITSELF??

About 100 years ago the U.S. Mint made a similar blunder. From 1875 to 1878 they minted a 20¢ coin. The similarities between the 20¢ coin and the SBA's are astounding. The 20¢ piece was about the same size as a quarter just like the SBA Dollar. The people rejected it as too confusing—just like the SBA. Today, the most available of the 1875 *uncirculated* 20¢ pieces (minted then in an approx. ratio of 1 to 50 of the population) is worth $850.00, an increase of 4,250 times its legal tender value, and might be compared to the 3 *uncirculated* 1981 SBA Dollar coins in this set for possible future value appreciation (which were minted in an approx. ratio of 1 to 75 of the population) making these relatively 50% scarcer. What are the possibilities for these *3 never issued for general circulation 1981* SBA Dollar Coins ten years from now? Or as a legacy for your grandchildren one hundred years from now?

And how much will the 3 Proof Coins in this set be worth, also *never issued for general circulation* and made available only at a premium and in the same relatively small quantity?

The Definitive 12-Coin Set of *All the Years* and *All the Mintmarks* as Officially Reported by the U.S. Mint Available Now! Each Coin of Pristine Investment Quality!

The Federal Coin Fund has carefully selected and assembled a limited quantity of Brilliant Uncirculated and Brilliant Proofs of this extinct coin issue. Today, while the opportunity is before you, you can acquire this complete all years all mintmarks set in its handsome lucite display case that protects each coin's newness and allows you to enjoy both the front and back of each coin. Perfect for safe deposit storage too!

Nine of these coins are in Brilliant, Mint state, Uncirculated condition bright and sparkling as they left the vaults of the three U.S. Mints which issued the SBA Dollars—San Francisco, Denver and Philadelphia. The set has one coin from each mint, with its own distinctive mint mark and one coin from each year of minting—1979, 1980, and *1981.* (9 coins including the rarest of the mint and years.)

In addition, as an extraordinary plus, each set contains the even more scarce and highly prized Susan B. Anthony flawless Brilliant Frosted Proof coins of each of the only three minting years. Each coin has a gleaming Proof finish with a mirror like background and frosted relief figures, the special coins that are never placed in general circulation. Each is a collector's prize in its own right.

TOLL-FREE CALL TODAY
Credit card charge orders may call seven days a week.
1-800-USA-5858 OR (1-800-351-1072)

FULL MONEY BACK GUARANTEE

The Federal Coin Fund, a private numismatic group led by a Life Member of the American Numismatic Association guarantees that if for any reason you are not completely satisfied with your Definitive 12-coin Susan B. Anthony Collector Set, you may return your order as received within ten (10) days for a full refund.

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Actual Size of Susan B. Anthony $1 Coin

MINTING BLUNDER

The Blunder that makes this set the Collector's Opportunity? Take a quarter and lay it on the SBA pictured actual size above. Note the similarity in size. Many people refused to use it because of the confusion—perhaps you were one. When the Government saw this public rejection they recognized that there had been a blunder in judgment. Susan B. Anthony coin minting ceased, destining the coins to collector status and extinction.

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FOOD

HOW DO YOU LIKE THEM APPLES?

by Pat Perry

Ripe with legend and lore, the apple has rolled down through the orchards of history sprouting subtle variations every decade or so to keep us in a constant state of temptation. There were a few bumps along the evolutionary path that allowed an encounter with the common denominator of discovery: chance.

A case in point. When an Iowa farmer, Jesse Hiatt, planted an apple tree on his land in the 1890s, he had no great expectations, just a few good ol' apples. The seedling tree died but a seedling sprout survived. Eight years later, Jesse plucked off and bit into one of the seedling's apples and immediately realized he was onto something big. So Jesse boxed up the "hawkeyes," as he called them, and entered the beauties in a competition, sponsored by the leading fruit developers of the time, the Stark Brothers. Judge Carl Stark took one bite of the fabulous fruit and pronounced it "delicious." The name stuck but the tag of origin didn't. It wasn't until the next year the twosome once again met. Today, the Red Delicious is the most popular apple in the world.

Mrs. Thomas Smith, a resident of New South Wales, Australia, probably didn't realize that the menial task of dumping her garbage would guarantee her a unique place in history. The Tasmanian French crab apples she heaved onto a nearby creek bank produced what the world knows today as—can you guess—the ever-popular Granny Smiths.

Accidents certainly helped nature nurture some varieties, but it is no accident that the apple has appeared in man's menu for milleniums. People have always had a hunch that the fruit was good for them without really knowing why. Today, we know.

High in vitamins A and C, the apple is also a rich source of dietary fiber, which continues to gain ground in man's fight against digestive disease. Apples are a natural source of pectin, shown to lower serum cholesterol levels. One of the original health foods, apples are a nutritious alternative to high-calorie snacks for the weight-conscious dieter: a typical apple contains about 80 calories. For the adventuresome chef, the apple offers a cornucopia of tasteful possibilities.

One bad apple can spoil the bunch. Store apples in a plastic bag in the refrigerator. Apples ripen and start to soften ten times faster at room temperature than at 32° F. To keep the slices and wedges creamy white for hours, rub the cut apples with lemon juice.

Experiment with these recipes, and reawaken the appreciation of the appetizing apple.

Confetti Apple Salad
(Makes 2-3 servings)

1 (about 6 oz.) Golden Delicious apple, cored and chopped
½ cup each *flaked coconut, raisins, and chopped carrot*
½ cup lemon-flavored yogurt
⅓ cup coarsely chopped cashews or peanuts
Curly lettuce leaves

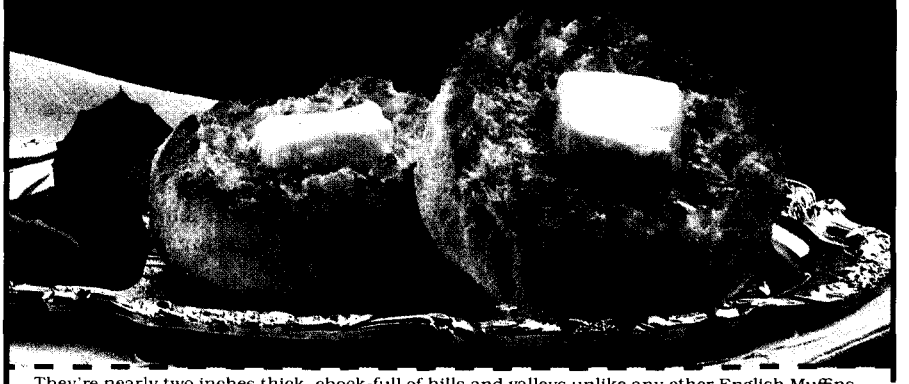
Combine first 3 ingredients and let sit 1 hour. Stir in nuts. Arrange salad on lettuce-lined plates.

Golden Apples and Yams
(Makes 6 servings)

2 large yams
2 Golden Delicious apples

Confetti Apple Salad boasts the tasty blend of apples, cashews, and raisins.

Discover the Ultimate English Muffin . . .



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Good Things To Eat

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¼ cup packed brown sugar
1 teaspoon cornstarch
½ teaspoon ground cloves
½ cup orange juice
2 tablespoons chopped pecans

Microwave yams at High (100%) 8-10 minutes or until slightly soft but still firm. Peel and slice crosswise. Core apples and slice crosswise. Overlap apples and yams in round microwave-safe dish. Combine brown sugar, cornstarch, and cloves in 2-cup glass measure. Add orange juice and blend. Microwave at High 2½-3 minutes or until slightly thickened; stir once halfway through cooking time. Pour orange-juice mixture over apples and yams. Sprinkle with pecans. Microwave at High 4-5 minutes or until apples and yams are tender.

Apple Broccoli and Peppers with Basil Vinaigrette
(Makes 4-6 servings)

2 medium (about 1 lb.) Newtown Pippin apples, cored and sliced
2 cups cooked broccoli florets
1 each medium red and yellow sweet pepper, seeded and cut into bite-sized pieces
2 green onions, diagonally sliced
Basil Apple Vinaigrette (see recipe below)

Combine all ingredients; toss to mix.

Basil Apple Vinaigrette: Combine 2 tablespoons *each* olive oil and apple juice, 1 tablespoon vinegar, 2 teaspoons chopped fresh basil or ½ teaspoon crushed dried basil, and 1 small clove minced garlic; mix well. Makes about ¼ cup.

Tip: One tablespoon prepared pesto can be substituted for basil and garlic in vinaigrette.

Grape-Apple Salad
(Makes 6 servings)

2 medium (about 12 oz.) Golden Delicious apples, cored and cubed
1½ cups red or green California grapes, halved and seeded if necessary
1 medium orange, peeled, sliced, and quartered
½ cup each chopped walnuts and celery
Honey Dressing (see recipe below)

Combine all ingredients; toss to mix. Chill 1 hour.

Honey Dressing: Combine 2 tablespoons mayonnaise, 1 tablespoon lemon juice, 1 teaspoon honey, and ¼ teaspoon grated lemon peel; mix well. Makes about ¼ cup.

Apple Sunshine Dessert
(Makes 6 servings)

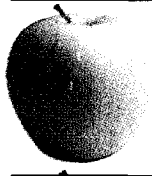
4-5 medium (1½ to 2 lb.) Winesap apples, pared and cored
½ cup each sugar and nonfat dry milk
⅔ cup uncooked quick-cooking oats
¼ cup each flaked coconut, chopped almonds, and packed brown sugar
2 tablespoons each wheat germ and sesame seed
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ cup butter or margarine, melted
Dairy sour cream or yogurt

Slice apples to measure 4 cups; reserve 8 or 9 slices. Toss remaining apples with sugar and dry milk; turn into 1½ quart baking dish. Arrange reserved slices on top. Cover with foil; bake at 375° F. 15 minutes. Combine remaining ingredients except sour cream or yogurt; mix well. Uncover apples and sprinkle with oat mixture. Bake, uncovered, 18-20 minutes or until topping is golden brown. Serve warm, topped with sour cream or yogurt.

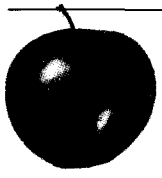
DO YOU KNOW YOUR APPLES?

There are outspoken partisans for each of the thousands of varieties of the apple. Gravenstein, McIntosh, York Imperial, Baldwin, Rhode Island Greening—the names are as colorful and inviting as the fruit itself. Here's a quick-pick guide to a few of America's favorite apples.

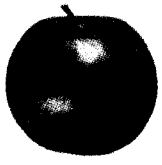
Red Delicious—The world's favorite eating and salad apple. It's available all year and is mildly sweet, juicy, crunchy, and beautifully colored. Red Delicious is the perfect apple for breakfast, salad bars, and snacks.



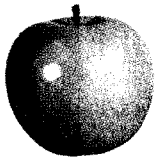
Golden Delicious—Yellowish white with very tender skin and a mildly sweet flavor. The flesh of this apple stays whiter after cutting than other varieties. It's available all year and is perhaps the best all-purpose apple—for snacks, salads, cooking, and baking.



Winesap—This spicy-flavored, dark red apple is available fresh from October through August and is crisp, firm, juicy, and slightly tart. It's a favorite for cider, as well as snacking and cooking.



Rome Beauty—Available fresh from late October through June, this round, brilliant-red apple holds its shape well when cooked. So it's a favorite for baking and cooking, as well as for salads.



Granny Smith—A richly flavored apple, the Granny Smith is the world's best-known green variety. It has a tart flavor and is crisp and juicy. Granny Smith is available fresh October through June.

Newtown—This light-green apple possesses a firm, tart flesh and is an excellent all-around apple for eating and cooking. The Newtown is available fresh November through June.

continued on page 96

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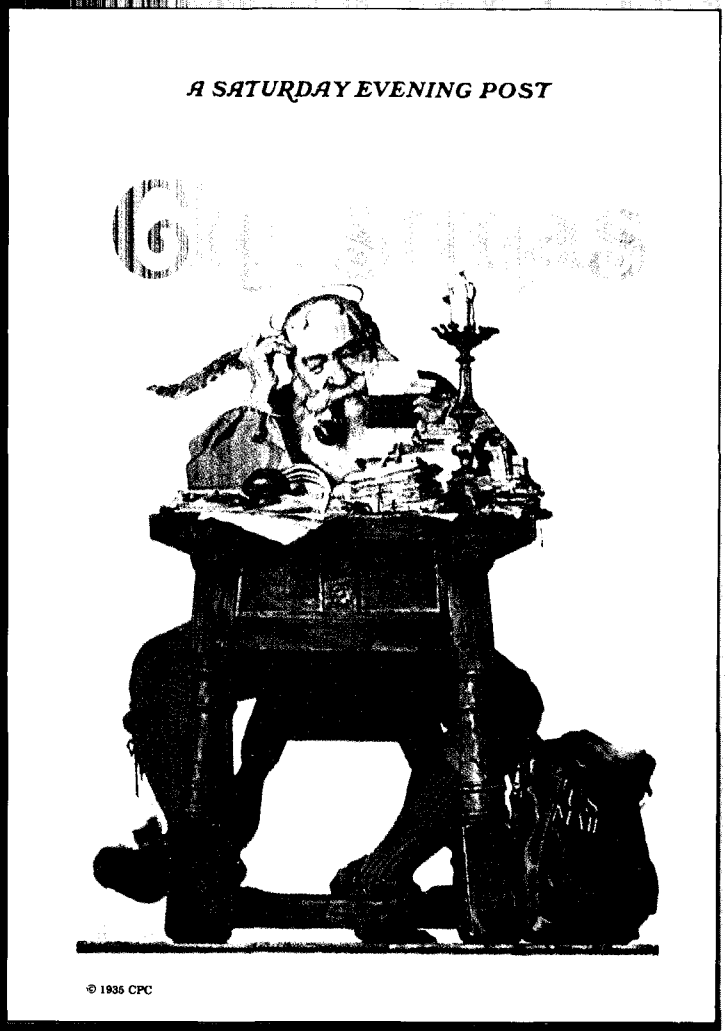

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VETS ON PETS

GOOD NEWS FOR OLD DOGS

With extra love and special care you can extend the active years of your aging pet.

by H. Ellen Whiteley, D.V.M.

Illustrated by J.F. Kernan

My veterinarian friend Terry Adkins likes to tell about old Oscar, his favorite lead dog in the 1,049-mile Alaskan Iditarod sled race. "I've seen Oscar pull 11 dogs to their feet when he himself was so tired he was going only on my command," he said. "I've been behind him when he pulled 11 dogs, a heavy sled, and myself over the last ridge into Nome."

Oscar no longer pulls Terry's sled in the Iditarod. After working to an advanced age, Oscar retired to Terry's Montana ranch, where he enjoyed romping across the open range. Still fiesty at age 15 (105 for humans), he met his death not from old age but from an accidental drowning.

Why some pets like Oscar remain active to an advanced age while others appear old in middle age is a question we cannot yet answer. Studies of the aging process do, however, provide clues that can help us improve the well-being of our aging pets.

Heavy Setters

If your older pet is putting on pounds, the problem may be a diet that has outpaced its slowing metabolism. Try reducing the animal's food allotment, or better yet, have your veterinarian prescribe a reducing diet.

If, on the other hand, your older pet seems to be losing weight, its problem may be diseased teeth and gums that make eating difficult. Reduced perception of smell and taste may also cause pets to eat less and to lose conditioning.

Encourage eating by offering several small meals daily. Heat the food to release odors that will entice your pet to eat more. Routine dental cleaning by a veterinarian may help preserve both your pet's teeth and its appetite. Special toothpaste and pads are available at pet stores and veterinary hospitals for home tooth care.

Dog Jogging

Exercise is important for older pets. The question is—how much? I suggest you consult your veterinarian about your pet's physical condition before starting an exercise program. The vet may give your dog a stress test, which measures its breathing and heart rate before and after exercise. Some veterinary hospitals use a treadmill and electrocardiogram measurements to determine a pet's fitness. An exercise program may vary from short walks to more strenuous swimming, jogging, or pet aerobics. Pets that suffer from certain conditions such as hip dysplasia should have limited exercise. Older animals with constipation and gas problems (caused by a decrease in colon motility and intestinal absorption) may benefit from walks taken about an hour after feeding.

Grooming

An elderly dog's hair may become sparse and lusterless. Gray hairs increase and footpads become tough and hard. To keep your pet's coat shiny, brush it regularly and feed your pet a diet high in vitamins A, B_1, B_{12}, E, and zinc, as well as unsaturated fatty acids. Trim nails every two weeks to prevent splitting and breaking.

Prevention

The major nonaccidental causes of death in dogs and cats are cancer, kidney failure, and heart failure. Neutering a pet early in life will help prevent tumors of the uterus, ovaries, breast, and prostate later in life. Proper diet and medication can control heart and kidney disease. Regular physical checkups are essential to detect and treat old-age diseases.

Pet Pick-me-up

Warren and Fay Eckstein, the authors of *Pet Aerobics*,

continued on page 92

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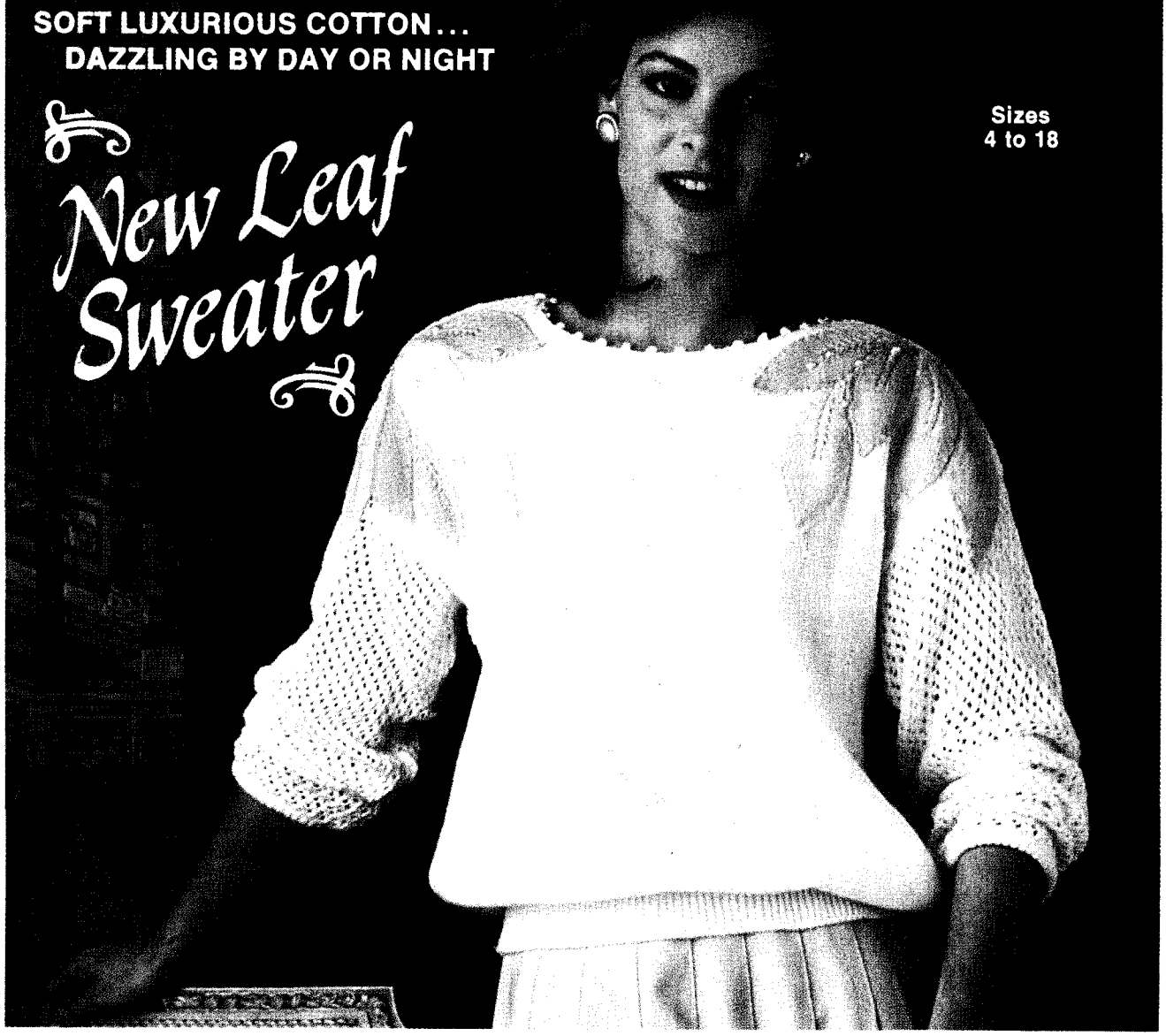

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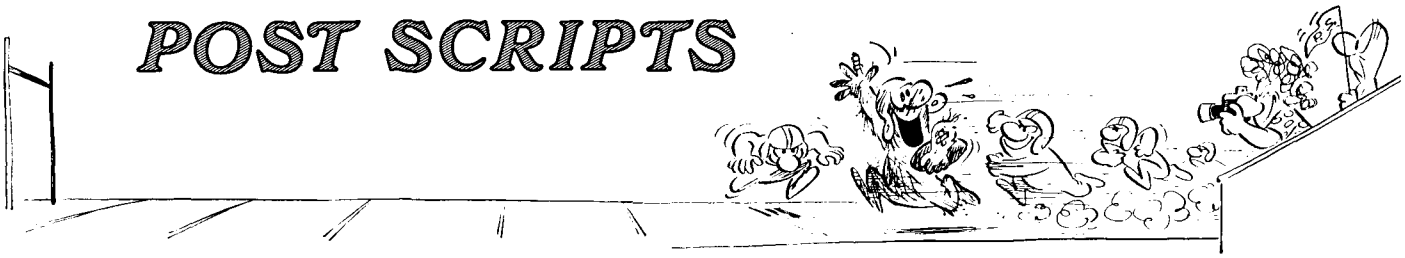

He Really Got a Charge Out of That!

A man had just completed a long-distance call from a phone booth. "That will be $12.88, please," the operator said.

"But I told you to reverse the charges," the man said.

"All right," the operator said, "make that $88.12."

—Mrs. E. O'Brien

All the Dirt

Despite all his accomplishments, man owes his existence to a six-inch layer of topsoil and the fact that it rains.

—Thomas LaMance

Let's Face It

People wouldn't need to "save face" if they didn't go around sticking it in other people's business.

—Virginia M. Myers

Time Is the Essence

"Now I know why they call it 'Father Time,' " the harried mother of five observed. "Mother never has any."

—Ivern Ball

No Funny Bones About It

Laughter is the medicine
That can extend our pasts;
So keep your sense of humor,
'Cause he who laughs, lasts!

—Charles Ghigna

Witch Way Is Up!

The woman was in a horrible mood. After looking at a variety of brooms in the hardware store, she stormed over to the clerk.

"Just look at these brooms!" she shrieked. "They're made out of such cheap material that if you gave the floor one good sweep they'd fall apart. What could they possibly be good for?"

The clerk just looked at her. "You might find that they fly wonderfully," he said softly.

—Kris Lee

Well-Trained

The man whose grandfather built a railroad through the wilderness with nobody's O.K. now needs a building permit to remodel his front porch.

—Rose Sands

Going with the Flow

Just sell me another ticket,
And please stop asking, "Where?"
Wherever you sent my luggage—
Perhaps I'll get lucky there.

—Henry F. Hill

Conscience for Hire

Reformer: Someone who wants his conscience to be your guide.

—Martha J. Beckman

Forestalling the Inevitable

Eating, carousing, and swimming in wine
Never will get you to a hundred and nine;
So knock off the nonsense and stick to your den,
And maybe you'll malinger to a hundred and ten.

—Marie Scholding

Stamp Out High Rates!

If postal rates go higher,
I think I know what can be done;
I'll pay my bills in person,
And save a stamp on every one.

—Larry Sorensen

Fancy Labeling

Some men were talking about the new romance of a couple of office workers:

"He took one look at the writing on her jeans," one said, "and he liked what she had to say."

—Oliver E. Frazier

"My most popular requests are 'Stop That Racket' and 'Give Me a Break.' "

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A Good Question

In the days when girls wore two
earrings
And the boys wore none,
When readin', and writin', and
'rithmetic
Were made a lot of fun,
When Mom prepared school lunches,
Being home to do it,
When, if sent to the principal's room,
Everybody knew it—
Those were the days, if we made
mistakes
The computer couldn't be blamed;
The school was the seat of learning
Where knowledge was to be gained.
You may laugh at the "good old
days"
In a deprecating way,
But let me ask you just one thing,
What have you got today?

—Elsa Maresh

All the Little Ins and Outs

A good breakfast is important. School children having a full breakfast are usually the very first to raise their hand in class—to go to the bathroom, of course.

—Gil Stern

Our Brave New World

In modern times,
Our modern youths
Have modern teenage notions;
Wear modern clothes,
Have modern views,
But Neanderthal emotions.

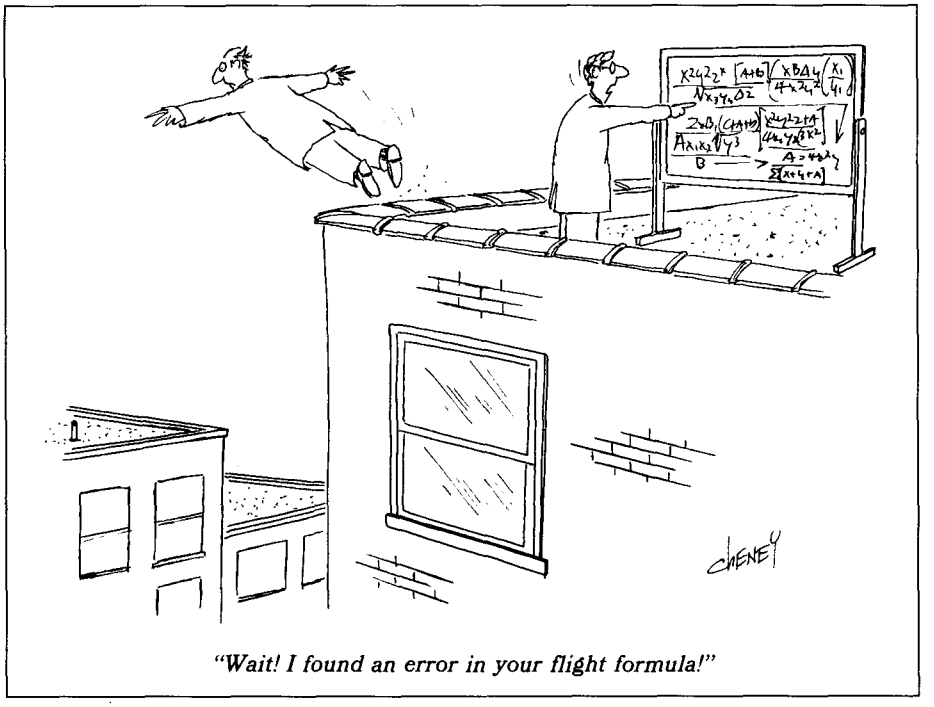
—Sylvia Lobsenz

Dogging My Trail

I have acquired a dog on this morning's walk. Some kind of spaniel, its red-gold coat in need of a bath, accompanies my stride as if doing me a favor. He runs on ahead, a scout to sniff out friends or foes. And when I desert him at my driveway, he lopes off, with no hard feelings.

That's the kind of dog to have.

—Nancy Riggan



"Wait! I found an error in your flight formula!"

Be That As It May . . .

A father had been trying to inspire his son to greater diligence in his schoolwork.

"My boy," he said, preparing to deliver his master stroke, "do you know what Abraham Lincoln was doing at your age?"

"No, sir," the lad admitted. "But I know what he was doing at *your* age. He was president."

—Mrs. L. Mayer

Accent on the Accent

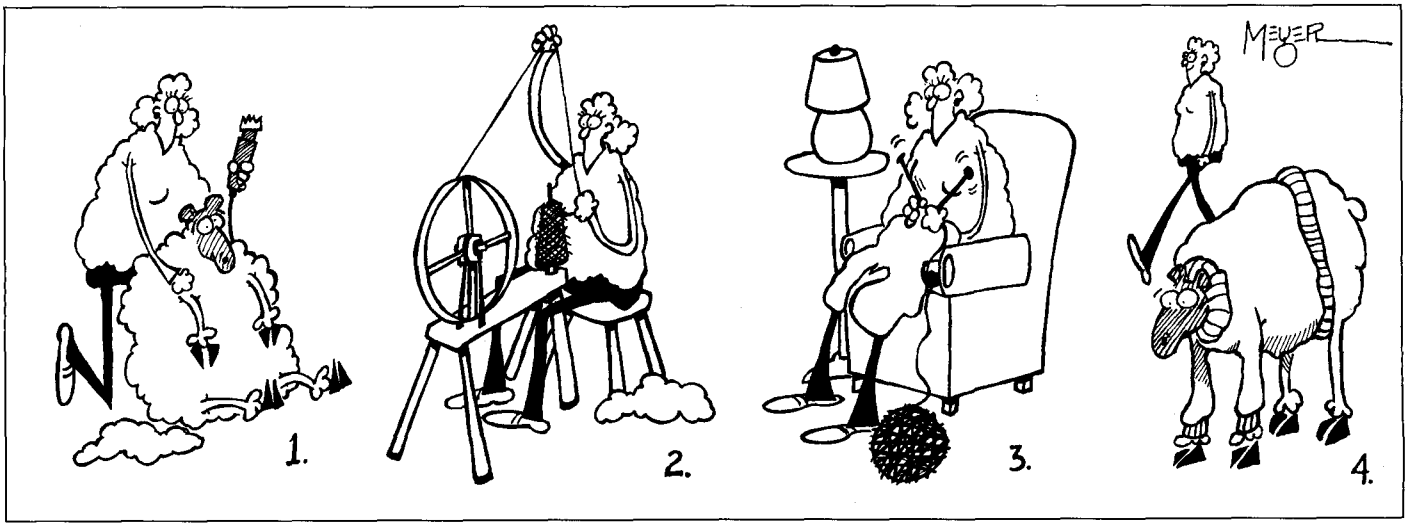
The English gave us their language,
and so
We have reason to be very grateful,
you know.
But somehow, it seems very in-
apropos
They still have the accent we shed
long ago.

—Lida B. Smith

Wait for the Tone

"Hello, we can't come to the phone"
Is the message that I despise,
So I respond, as I put down the
receiver,
"Too bad. You missed the grand
prize."

—Clydia DeFreese



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STALKING THE ELUSIVE MALAPROP

As Gerald Ford once said, "If Lincoln were alive today he'd be turning over in his grave."

by Morris K. Udall

Illustrated by Marcus Hamilton

Dinner speaking (and legislating) is rife with perils and pitfalls, foremost of which is the dreaded *malaprop*. (William Safire, the word mavin for the *New York Times*, claims there ain't such—that the word I want is *malapropism,* but I don't think there will be a schism if I drop the *-ism*.) Since everyone has, at one time or another, succumbed to this tongue-twisting affliction, all of us can sympathize with the pitiable speaker who utters the fateful blooper.

There have been masters of the malaprop and mixed metaphor in many professions—consider the Hollywood producer Sam Goldwyn: "An oral contract isn't worth the paper it's written on"; "Include me out"; and baseball's Yogi Berra: "That place is so crowded that nobody goes there anymore"; "If I hadn't woke up, I'd still be asleep"—but politicians seem particularly susceptible to this malady. A classic bon mot: "Senator, if we don't stop shearing the wool off the goose that lays the golden egg, we are going to pump the well dry."

State Sen. John Parker of Massachusetts has a fine collection of verbal bloopers. An example: During a debate over the merits of pasteurized milk, a New Hampshire pol said, "What the people of this state deserve is clean, fresh, wholesome pasteurized milk. And I'm going to the state house and take the bull by the horns until we get it."

On the campaign trail, the deadly malaprop follows the politician like a poor relative, popping up when he least expects it. Said one aggrieved candidate: "Throughout this entire campaign I have been slandered by innuendo—both direct and indirect."

A Southern politician who had suffered a narrow loss in a hard-fought campaign said, "My opponent deserves to be kicked to death by a jackass . . . and frankly, I'd like to be the one to do it!"

The malaprop also stalks the halls of Congress, claiming unwary victims from both parties. Former chairman of the House Committee on Armed Services F. Edward Hebert once observed, "The only way we'll ever get a volunteer army is to draft 'em."

Commenting on a colleague's abilities, a senator said, "He's got a lot of depth on the surface, but deep down he's shallow as hell." In the same vein, someone (perhaps it was I) once said of Sam Steiger, a former congressman from Arizona, "He always makes a good first impression; to detest him, you really have to know him."

Richard M. Daley, Jr., the son of the late Chicago mayor, once served in the Illinois legislature. While his career already includes a number of notable achievements, perhaps most memorable was his suggestion that the state honor the late Sen. Everett M. Dirksen with a statue. To facilitate the process Daley proposed to create a "Commission on Erections and Mounting."

One of the masters of the malaprop was Congressman Elford A. Cederberg of Michigan, who once referred to a young attorney as "still green behind the ears."

Congressman Silvio Conte of Massachusetts, one of my favorite Republicans and a man who is renowned for overheating during debates, once declaimed, "This is no time to pull the rug out in the middle of the stream."

UPI columnist Dick West also collects choice misstatements. One of his favorites was coined by New York

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Congressman Alfred Santangelo, who rose in indignation about a proposal to have a national lottery. Such a thing, Santangelo declared, "was morally repugnant to millions of people, not only in the United States, but also in the Twenty-fourth Congressional District."

While explaining that a group of people faced a dilemma, Congressman John Dent said, "They were torn between two fires."

Sen. Roman Hruska of Nebraska struck a blow for the average man during a debate over the seating of President Nixon's first nominee for the Supreme Court, Judge Harold Carswell. To a critic who complained that Carswell was a mediocre judge, Hruska shot back, "There are a lot of mediocre Americans. Don't *they* deserve some representation on the court?"

According to Dick West, the all-time champion congressional tongue twister was the late Sen. Kenneth Wherry of Nebraska. The many cherished Wherryisms include his introduction of Sen. Spessard Holland of Florida as the "distinguished senator from Holland." Wherry habitually referred to Chiang Kai-shek as "Shanghai Jack," and supported him in his battles against the Chinese Communists and "Mousey Tongue," the leader of "Indigo China."

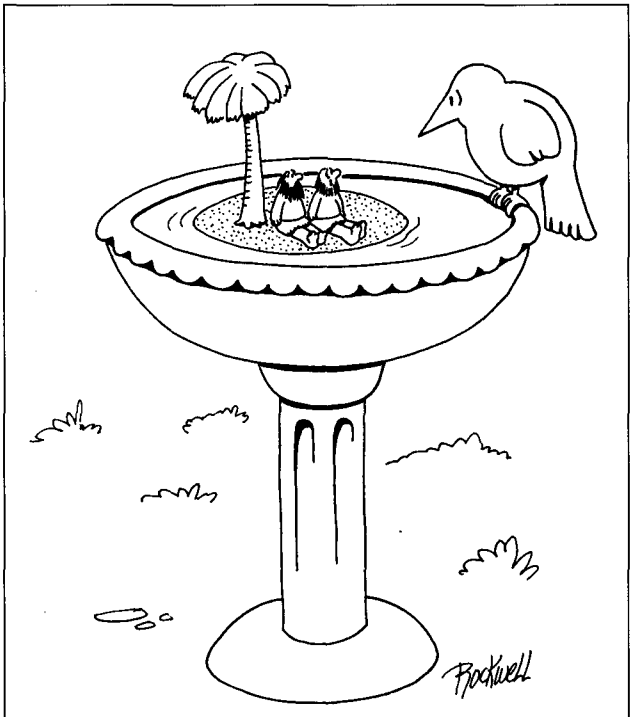
Another artful malapropist was Sen. Homer E. Capehart of Indiana. He once addressed a colleague as "the senior senator from Junior." In another debate Capehart got so carried away with the rhetorical courtesies that he referred to himself as "the distinguished senator from Indiana."

Sen. Joe McCarthy was known for tongue tripping—particularly after a high-proof lunch. Of a witness' testimony he once said, "That's the most unheard-of thing I ever heard of."

Bureaucrats, too, beget malaprops. Dick West awards an honorable mention to an Agriculture Department official who testified before a senate committee during the Billie Sol Estes inquiry. Defending the department's failure to anticipate a problem, the official said, "Unfortunately, we are not equipped with hindsight in advance." West puts this type of statement under the heading "hitting the nail on the head in a nutshell."

During the campus demonstrations of the 1960s, a congressman proposed an amendment to cut off financial aid to any student found guilty of participating in unsanctioned demonstrations. "This amendment," he roared, "will put some starch in the backbones of weak-kneed college administrators."

It was Sen. S. I. Hayakawa of California, I think, who said, "The best cure for insomnia is to get a lot of sleep."



"Oh, lord! Now what?"

The higher a politician aims his rhetoric, the more likely it is that he will launch an unguided missile. Speaking at a patriotic event honoring Abraham Lincoln, a politician said, "It is indeed fitting that we gather here today to pay tribute to Abraham Lincoln, who was born in a log cabin that he built with his own hands." Another senator, frustrated by the continuing strife in the Middle East, recently wondered, "Why can't the Jews and the Arabs just sit down together and settle this like good Christians?"

Nervousness also produces memorable slips. A young man being honored at a banquet was summoned to the head table. The mayor handed him a trophy and asked him to say a few words. The boy did: "From the heart of my bottom, I thank you." After being given a coveted award, another flustered honoree replied, "I sure don't appreciate it, but I really do deserve it."

The late Sen. Joe Montoya of New Mexico will live forever in the Malaprops Hall of Fame. Montoya once arrived 90 minutes late for a dinner meeting in Albuquerque. He rushed into the ballroom and was handed a speech and a press release covering its high points. Montoya strode to the podium. "Ladies and gentlemen, it is a great pleasure to be with you today." He hesitated, looked down at his script, and read, "For Immediate Release. . . ."

Sen. Strom Thurmond once chaired an investigative hearing. Before he left his office, Thurmond's staff provided him with an opening statement and a list of questions for each witness. Arriving in the hearing room, Strom read the opening statement—and then kept right on going: "If the first witness answers 'Yes,' then ask him so and so. . . . If the witness answers 'No' or 'I'm not sure,' then ask him such and such." As the crowd started to titter, an aide rushed over and grabbed the paper from Thurmond's hand.

Euphemisms and malaprops are kissing cousins, and one of the Nixon administration's greatest claims to fame was that it set new records in the Euphemisms Sired by Republican Administration category—although, at last count, the Reagan crowd was fast overtaking them. One Nixon spokesman described the White House's stance on an important piece of legislation as "unyielding but flexible rigidity." Here's two beauts from Al Haig, who earned all-star status while serving Nixon as Secretary of Snarled Syntax and Gobbledygook: "You'd better caveat that statement" and "At the moment we are subsumed in the vortex of criticality."

One year the National Council of Teachers of English awarded its

continued on page 91

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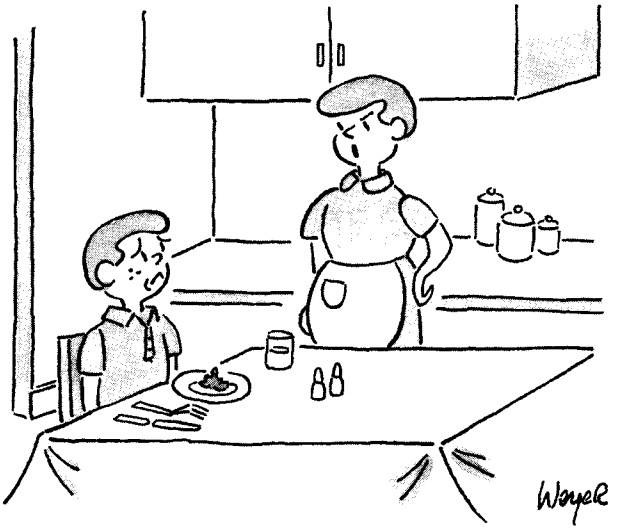
YOU ARE WHAT YOU EAT

"Could I have the comic section?"

"I am eating healthy! I'm having caffeine-free pizza and sugar-free beer!"



"Who told you spinach was loaded with cholesterol?"

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Our Healthy Veep & Family

From navy pilot to baseball player, tournament tennis player, jogger, and speedboat skipper, the Veep keeps fit.

by Cory SerVaas, M.D.

On the court, George Bush is a competitive, aggressive opponent whose strength is in net play and whose favorite game is men's doubles. While jogging he's been known to exhaust the secret service.

Have you ever wondered how our Vice President manages to look so fit when you see him on the tennis court or out jogging? We set about to discover the health secrets of this World War II flying ace who can still run circles around a youthful staff and secret service men who try to keep pace with him.

We were told that when the Vice President travels, White House advance men know exercise must be programed right into his schedule. The exercise period is inviolate. If it happens when his plane first lands for an important engagement, so be it. This occurred in Grand Rapids when he met his hosts at the Amway Grand Plaza Hotel. With apologies he kept his appointment at the hotel's fitness center before taking up weighty matters of state.

If George Bush becomes President, the media crowd may be in for a workout just trying to keep up with him. Truman's walks, Carter's jogging, and Ford's sometimes perilous rounds of golf will pale in comparison to the inevitable merry chase Bush's prolific pursuit of sporting activities may lead them into.

We can envision Sam Donaldson brushing up on his backhand for the chance of a one-on-one interview on the White House tennis court. But woe to those who try to pursue Bush at all once he hits the water. "Beneath the conservative Ivy League attire," a correspondent who chronicled Bush's love of boating for a national boating magazine announced, "there beats the heart . . . of a speed demon." Bush likes speed, and though his first love, flying, has been nixed by nervous secret service agents, he has taken mischievous vice-presidential delight in escaping them in his boat, *Fidelity*, equipped with two 185-horsepower engines.

For those not familar with the Vice President's genealogy, a review of his forebears helps explain his priorities.

The Bush family's love of sports dates back generations. George's maternal grandfather, George Herbert Walker (as in Walker Cup for golfers), went in first for hard contact sports and eventually became heavyweight champion of Missouri. Later, he turned to golf, playing with a six to seven handicap and serving as president of the U.S. Golf Association.

Prescott S. Bush, George's father, enthusiastically mastered the game of golf, playing consistently in the mid-70s. He served as a member of the executive committee of the U.S. Golf Association. At 6'4", Prescott Bush was a first-rate athlete who engendered a love of all kinds of sports in his children.

Not to be outdone, George's

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Throwing out the first ball to launch a new baseball season is right down the alley of the Vice President, former captain and first baseman of the Yale nine.

mother was also a topnotch athlete who was a match for anyone in tennis, golf, basketball, or baseball. George Bush couldn't recall a footrace in which his mother didn't come in first. Her favorite sport was tennis, a love that she passed on to her son George.

Small wonder that all of the Bush children grew up with a competitive attitude and love of sports. At Walker's Point in Maine, summer meant sports and relaxation. The hours at the coast were filled with swimming, fishing, and boating. Grandfather Walker first taught young George how to handle and dock a boat, beginning a love affair with boating that endures today.

At Andover, Bush became the "big man" on campus, branching out into more sports. He managed the basketball team and became captain of the baseball and soccer teams. As one classmate recalls, "From the athletic standpoint, only time limited him. If there had been five seasons and five sports instead of three, he would have been playing all of them."

At Yale, after the war, Bush majored in economics with a minor in sociology, but "my real minors," he says, "were soccer and baseball." (Modesty prevented him from mentioning that he won a Phi Beta Kappa key and finished at Yale in 2½ years.) On the Yale team was Frank Quinn, who was later picked up by the Boston Red Sox on a $100,000-a-year contract. George might have gone in for pro baseball himself, but instead he took his young family out west to explore for oil in Texas.

Today, George Bush continues his love affair with sports—whether breaking the waves off the coast of Maine in his 28-foot *Fidelity* or having the good fortune of playing with such tennis greats as Borg or Lendl. The competitive streak runs deep and strong. He began jogging soon after he hit 50 while director of the CIA, logging in three miles a day even while on the campaign trail. Although retired from baseball, he counts such players as Carl Yastrzemski, Joe Morgan, and

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Rusty Staub among his friends. He recalls one of the sports highlights while at Yale: the exciting moment when as captain of the Yale team he received an original manuscript from the great Babe Ruth.

Barbara Bush: Refreshing Wit and Straightforward Answers

If you want to take the measure of a man, talk to his wife and children, I always say. Some wives of important men are so guarded you don't get anything but plastic answers, but that's not the case with Barbara Bush. As all her friends will tell you, she is straightforward and honest in her answers.

I asked her why she chose George Bush. She replied: "You're married? Well, why did you pick your husband?" She laughed mischievously as though she really wanted to know.

If my query caught her off guard, she was surely clever throwing the question back to me. There's no subject I'd rather tell about than how I found my husband: "Well, I think the minister of West End Collegiate Church picked him for me and introduced us," I told her. "I wanted to marry him because I figured anyone who was as nice to his little sister as this young man was would surely make a fine father for our future children. He was chaperoning his little sister from Indiana by moving her into his apartment in New York City."

Barbara Bush laughed. "You're giving me all the reasons I picked George Bush. He had a four-year-old little brother, and George Bush was just the most beautiful-looking creature I ever laid my eyes on. He's the sweetest, most considerate, thoughtful—but I don't know as I picked him for those reasons. I think I was just lucky because there was a war on, you remember that, and because——"

"Because he was a war hero?" I interjected.

"Well, he wasn't at that time," she said. "He was a little high school boy then. He went into the navy later. We were engaged before he went out to sea, but he was just the nicest person I'd ever met—and, I might add, probably because he liked me too, although others liked me, but I liked him and he liked me. That seemed like a very good reason. And that 'like' grew into an enormous love. I thought I loved him when I married him. I had no idea what love was, how deep it was.

"I've often wondered how I could have been so lucky to have married George Bush. George is the least negative person I know, and he always has been. Nothing is impossible for George Bush. I'm not talking about the Presidency. I'm talk-

The Bush clan at their getaway retreat at Walker's Point, Kennebunkport, Maine. "I can say without equivocation that my family has been one of my greatest joys," the Vice President says, "to see my children grow up and have children of their own."

At 6:00 a.m. in Kennebunkport, the grandkids, popping out of bed and running downstairs to bounce on their grandparents' bed, create a scene of utter family joy.

We found this picture of grandfatherly love on son Marvin's office wall. Receiving the bear hug is Marvin and Margaret's adopted daughter, Marshall, also referred to endearingly as "Midget" by her father.

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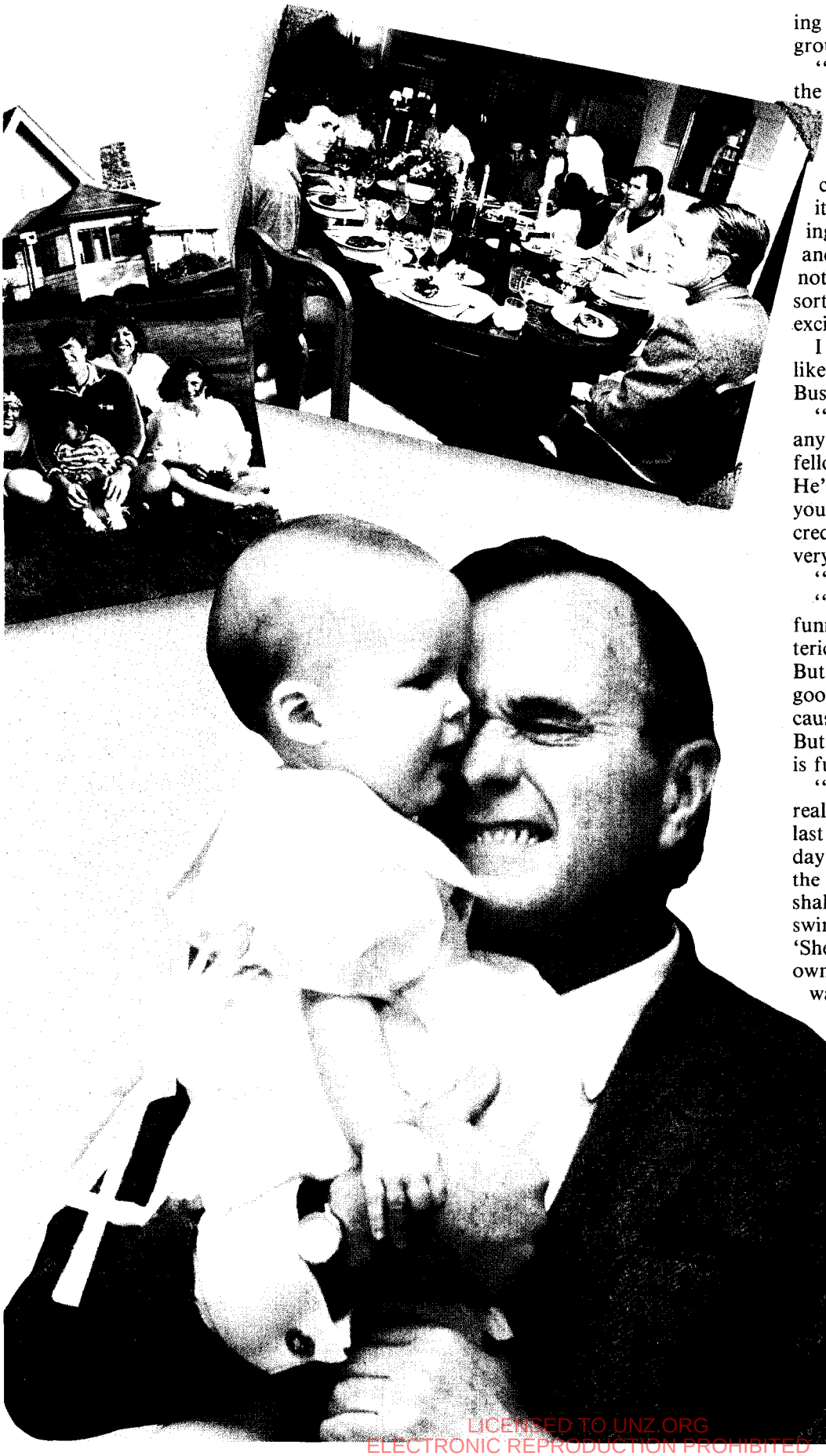

ing about how he'll say, 'Let's get a group and have a picnic tonight.'

"And I'll say, 'Well, we can't ask the British ambassador *tonight*. I mean, it's too late.' And George will say, 'Let's just try.'

"That's his whole life, and of course you will end up by doing it. He's right, of course. Nothing's too much trouble for him and nothing's impossible for him—nothing ventured, nothing gained sort of approach—and he was very exciting to be around and still is."

I asked her what she would most like to tell our readers about George Bush.

"Well, that he hasn't changed any. He's the best father, the best fellow, and he's very considerate. He's very wise and very smart, as you know. I don't think he gets credit for being so smart. Also he's very funny."

"Yes?"

"And I always say to him, 'Be funny so I can tell people some hysterically funny thing you just did.' But George has good timing, and good timing is not repeatable, because it's his timing, not my timing. But he has fabulous timing, and he is funny.

"He loves his grandchildren. He's really cute with them. I got home last night, but he called me yesterday morning and said, 'Well, I had the best time. Marshall and I (Marshall is two) went down to the swings and played,' and he said, 'She's very stubborn. She takes her own walk. She walked me. I did not walk her.' But they had a lot of fun."

I showed Barbara a picture of her husband squinting in a bear hug with his adopted granddaughter Marshall. It had been chosen to run in this *Post* article.

"Oh, it's a fabulous picture. I've got that picture. It's the best."

I told her we planned to use the picture of their entire clan

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at Kennebunkport. To put it delicately, I needed to know if all the five children's marriages were still intact before identifying the daughters-in-law and son-in-law. "It would appear that all your children are staying together—you don't have anyone missing from these marriages?"

"I'm one who feels you must never say never . . . I mean, my children all get along with husbands and wives, and they all know they've all married above themselves, every one of them, and——"

"That's nice of you to say."

"It's true. They know it. Every one of them. They'll all fight with me over that, but the truth is they all married very, very well."

"I'm sure you enjoy your mother-in-law role."

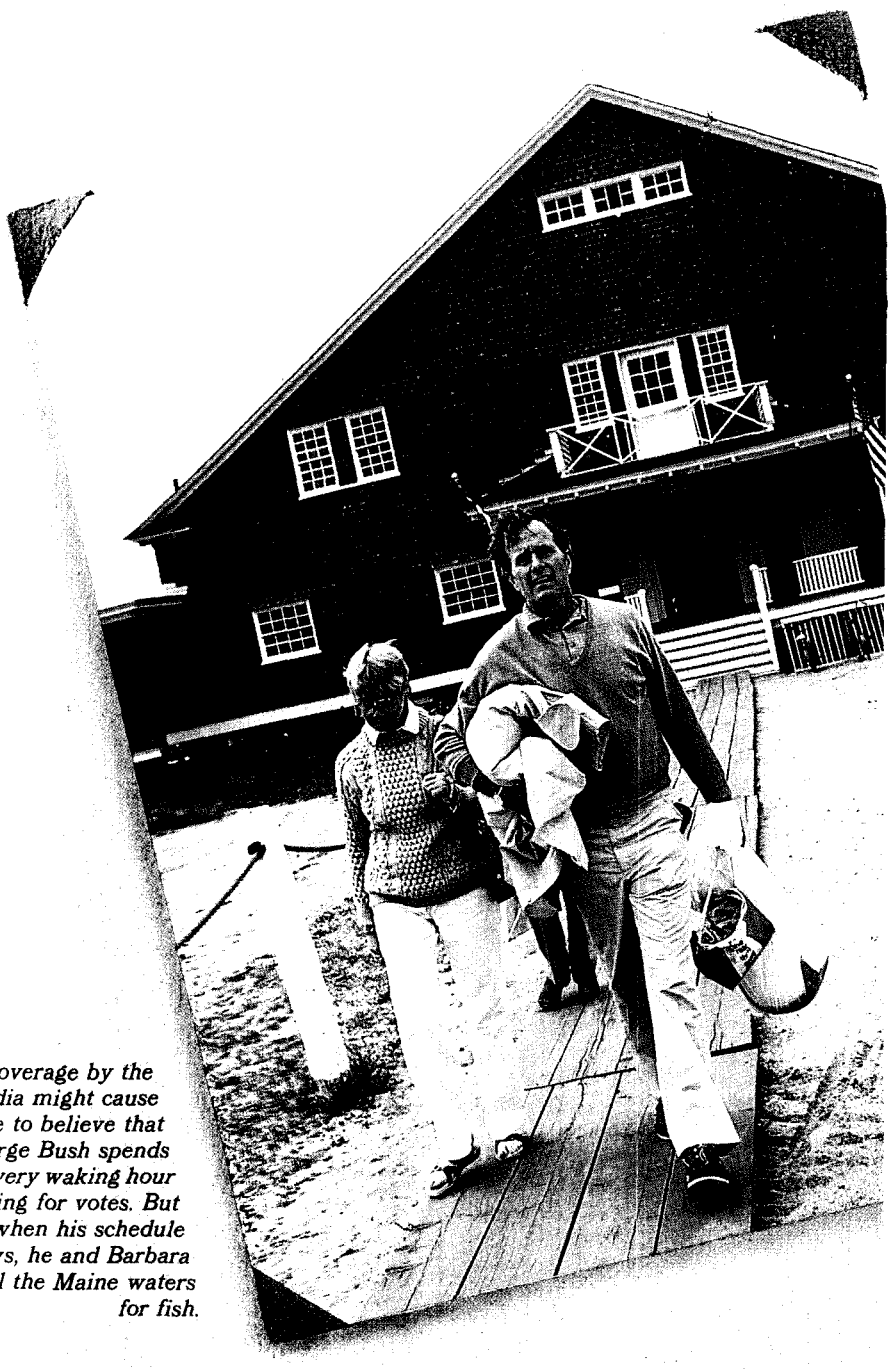
"I love my own mother-in-law, you know, which is, I think, also a lesson in life. I think if you loved your own mother-in-law, you realize mothers-in-law don't have to be lousy. That you can like your daughters-in-law too. I really think [my mother-in-law] made a difference. Well, first of all, I know she couldn't have loved all of us the day the boys got married."

"But she grew to love you?"

"No, she *pretended* she did, and have you ever met anyone who liked you that you didn't like?"

"I guess not."

"You didn't. That's human nature. Mrs. Bush taught me a great lesson, which is, you wait until they bring them home. You wait until they decide. I mean, be pleasant and nice, but wait until they really bring them home as a bride, and then you make up your mind you are going to find good qualities in them. That's what Mrs. Bush did right in front of my eyes. She made all of us feel very special when frankly we weren't. But we ended up by being a lot nicer because of her. I think of my daughters-in-law—they don't have quite the same mother-in-law, but I think that they're wonderful young women, and my children are all very lucky. My son-in-law, I adore. He's just started calling me by name after five years."



Coverage by the media might cause one to believe that George Bush spends his every waking hour fishing for votes. But when his schedule allows, he and Barbara troll the Maine waters for fish.

Smith College Nixed Pulp Magazines

"Did you ever help your father when he was publisher of *McCall's*?"

"No, no, I didn't work there. I was married when I was 19." She laughed. "When I went away to Smith, the magazine was sent to me, and one day they came to me and they said, 'We notice you're getting pulp magazines in the mail. We don't allow pulp magazines.' "

"And that was *McCall's*?"

"Yes, and I phoned my dad and said, 'Dad, I can't get those magazines; they're pulp magazines.' He said, 'You tell that lady you're getting those magazines and you wouldn't be there if it wasn't for pulp magazines.'

"My dad commuted to New York, and he didn't bring his business home with him. I knew nothing about the publishing business, but I grew up with *McCall's* pattern books because we waited for the outdated one. He brought it home and we cut out new dolls every year. All my little friends made dresses for them. We'd put them on cardboard and we had our little families

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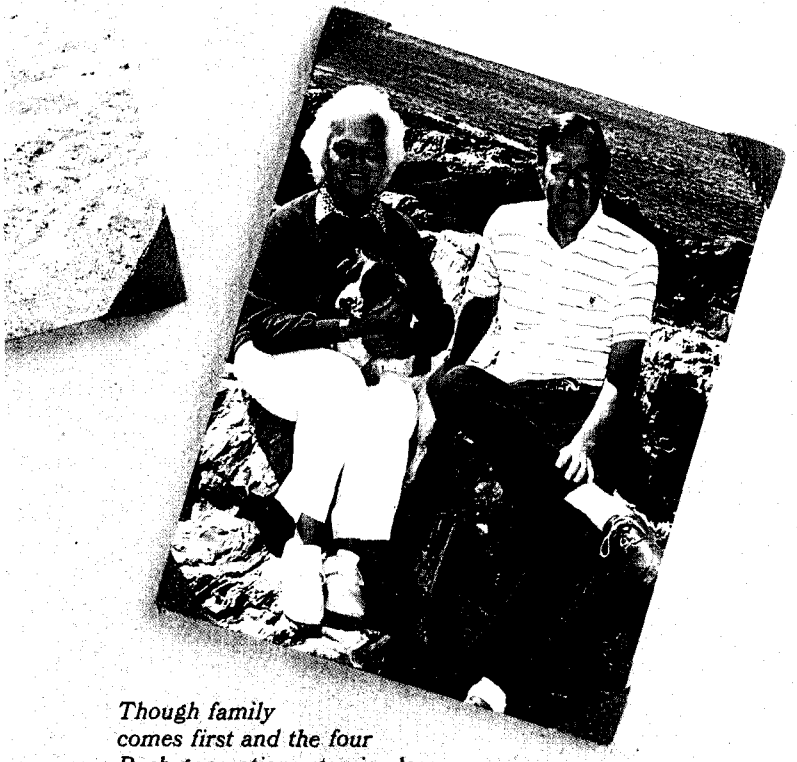
The Vice President credits his grandfather George H. Walker for his love of the sea—which includes hanging a "Gone Fishing" sign on the Kennebunkport doorknob whenever the opportunity arises. He is also very optimistic about landing "the big one" in the fall election.



Though family comes first and the four Bush generations stay in close touch, George and Barbara still enjoy times together, reflecting on their blessings from 43 years of marriage. As their son George says, "We've had a good example of two people who have learned to live together and grow together." Their spaniel, Millie, is an important family member.

and put clothes on them. With that big *McCall's* pattern book, I was the envy of the neighborhood.

"My dad didn't get home until later, but he played with us when he was home and did things with us. He also played golf every Saturday and every Sunday."

"And you're a golfer?"

"No, I used to be. I now play tennis. I used to play golf but it takes too much time."

If You Play Mixed Doubles You Play with Me

"Are you a pretty good tennis player?"

"No. I'm all right."

"Do you play doubles with George?"

"No, we gave that up. Because he really likes men's doubles. I really like women's doubles."

"And he's very good?"

"He's *very* good, and it saved him a lot of agony in life, because I say to him, you know, 'I play tennis, so if you play mixed doubles, you play with *me*—otherwise, you play men's doubles!' and he's thrilled because he prefers men's doubles.

"We used to play in China together, and he puts a lot of pressure on you, whereas the boys are wonderful. I don't mind playing mixed doubles with the boys. They're wonderful, but my husband and sons do not play their hardest with a girl who plays like I do, so it's no fun for them. I'm not of a school that thinks many girls, unless they're pros, play as well as men. I'm not counting Pam Shriver or Martina or pros, but most girls slow the game down for men. That doesn't mean they're not good and they don't have finesse. They slow the game down. I mean, a man is afraid to hit a woman, a nice man is, and my boys are all nice men."

Education and AIDS

"You're very interested in education—do you have any thoughts about how you would approach AIDS in the classroom?"

"I'm just getting into AIDS, and I've just been to the Harlem Hospital, where they have the AIDS

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babies from the drug-using population. And I saw a lot of other things I didn't like, and they were all related to drugs. So although I'm not going to get into drugs, I think there is an enormous connection with education.

"We have all ages of grandchildren now, from 12 on down, and it's fascinating to see what the school education does on just smoking. The children all come home and pick on their families. So why isn't that just as effective with drugs? I mean, if they can be that effective with antismoking education, why can't they feel the same way about drugs? Why can't we talk to them when they're young? I'm talking about third and fourth graders.

"This morning I saw a rock star being interviewed on one of the morning programs, and I think it was a 'pump-up' for a program that's coming on or something, but he talked about how they made millions of dollars in Britain. And [the interviewer] said, 'Well, what did you do with all that money?'

"He said, 'Well, I think I sniffed it up my nose, ha ha ha ha,' and she laughed and he laughed. And I thought, when she said that, of those babies I saw in Harlem where the young teenage mothers have AIDS babies. They're 'throw-away, garbage-can babies' because the mothers used crack or AIDS is passed on to them. One man will impregnate eight women. One woman has had three AIDS babies there and abandoned them.

"I called them throw-away babies because I know what you and I felt about them. I wanted to take them all home with me. They're adorable. There were two volunteers when I was there who were working with them, but they're desperate for people to go hold those babies and hug them, and it's just the saddest thing. They are called boarder babies because they board in the hospital."

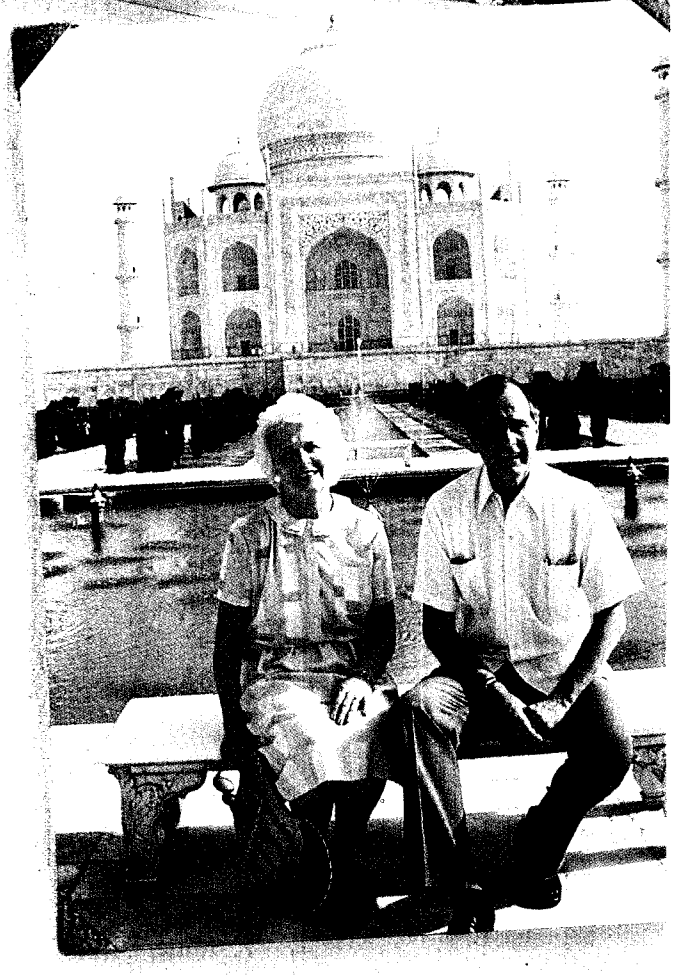
"We had this same thing 50 years ago with syphilis. We had all these birth-defective babies," I added.

"Well, wait a minute, I *saw* syphilis babies," Barbara said.

"I know, it's coming back."

"Only because these parents use

At 18, George Bush became the youngest U.S. naval pilot, later flying bombing missions over the Pacific until shot down during a strike in 1944. Today the Vice President checks America's front-line defense system, here during a recent visit to Fort Knox.



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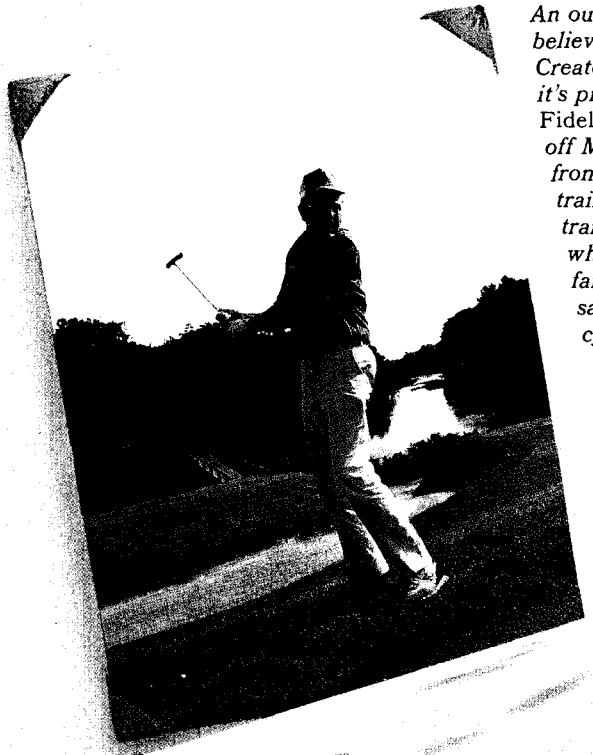
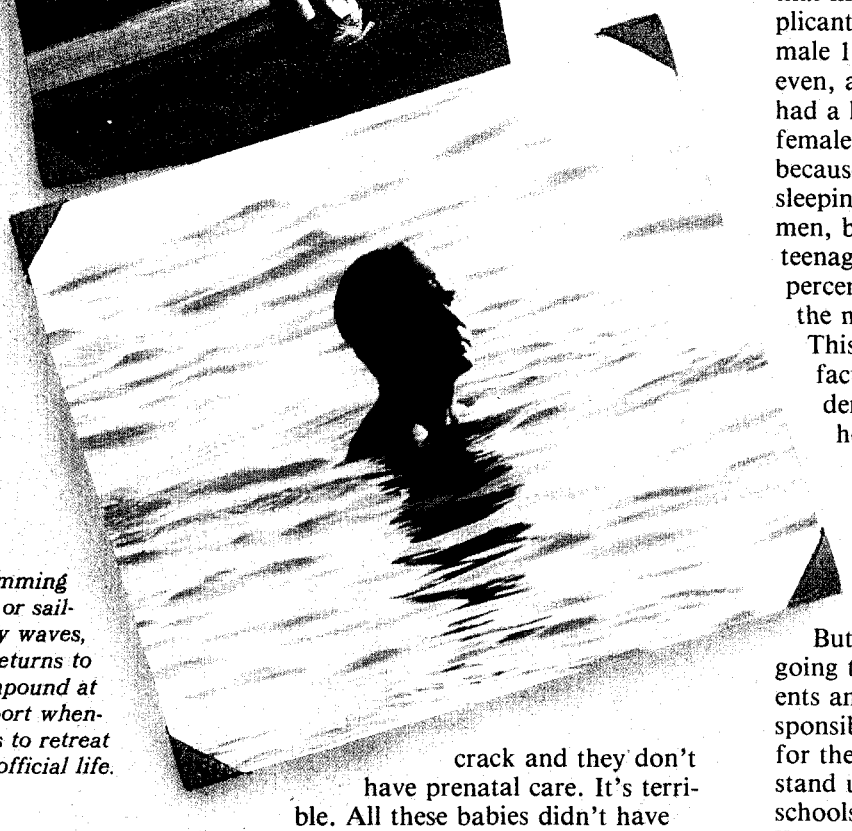


An outdoorsman, Bush believes in enjoying the Creator's works, whether it's piloting his boat Fidelity *in the waters off Maine, taking time from the campaign trail to jog a nature trail, or driving a little white ball down a fairway—where it's said he has a tendency to go to the right.*



Whether swimming the cold waters or sailing the choppy waves, George Bush returns to the family compound at Kennebunkport whenever he needs to retreat briefly from official life.

As U.N. ambassador, China envoy, and Vice President, George Bush, along with his wife, Barbara, has represented the U.S. to leaders around the globe. George and Barbara Bush are America's "most frequent fliers."

crack and they don't have prenatal care. It's terrible. All these babies didn't have AIDS and all these babies didn't have syphilis. Some had both, some had one or the other, and some had drug addiction, but everything was connected with the drugs. All I could think of was, we've really got to get into our schools and we've certainly got to start talking about drugs. Everyplace, not just in the high-prevalence areas.

"We've got to stop having someone on television say, 'I sniffed it all up, ha ha ha ha,' and having the reporter laugh. When are they going to start being responsible? Maybe everybody should go down to Harlem or the Houston Texas Hermann Hospital or another public hospital."

"Or even Indianapolis," I interjected. "Our Marion County ties for 11th place in the nation for number of HIV-infected teenagers applying for the military."

"I'd like to say, 'Why Indiana?' "

"I think it's because we're complacent," I said. "We believe it's just the drug addicts and homosexuals, and really teenagers are infecting each other. The military found that more female 17-year-old applicants were infected than were the male 17-year-olds. By 18 they were even, and by 19 the male applicants had a higher prevalence than the females. They believed this is because the 17-year-old girls were sleeping with 21-year-old infected men, bringing the infection into teenage circles. In Maryland, 0.9 percent of teenage applicants for the military tested HIV-positive. This is extremely high, given the fact that military recruits must deny previous drug use or homosexuality."

"That's exactly what I was seeing at Harlem hospital—it's the heterosexuals. I honestly think that we're going to have to really start education very, very young. But it's more than that. We're going to have to start teaching parents and teaching people to be responsible and to set a good example for their children. We've got to stand up and say, 'Enough.' In schools we certainly have to do that. We cannot have television showing role models of people doing things which are wrong. I just was shocked this morning. I just couldn't believe that that was on—I think it was a 'pump up' for some program to tell you about these rock stars from Great Britain. But I was shocked. They were all laughing away at it—the interviewer and the star—like, 'Yes, I sniffed it.' We're going to have to really stand up and say, 'Enough!'

continued on page 70

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THE SILVER BUTTERFLY

"This is your butterfly," she told the little boy. "No one can take it from you."

by Pearl S. Buck

Illustrated by James Bama

The man began to speak. "I tell you of my mother——"

I closed my eyes in the hot darkness of a summer's night in Hong Kong. The man had refused to enter my room unless it was dark. He had slipped over the border of mainland China, and he did not want me to see his face, only to hear his voice, his words.

The words ceased to be the spoken words of a man; the voice ceased to be the voice of a man. They were instruments, revealing to me in the harsh new light of today a well-remembered scene. My imagination, living through the instruments, re-created the past. A village by the Yangtze River—and how often I had seen such villages, each a cluster of the brick-walled, tile-roofed houses of central China! On the street among poorer houses there was a gate opening into a walled compound. Inside were the courtyards of the landowners, rich by village standards, possessing perhaps 20 acres of land, which was perhaps 20 times what the other men in the village owned individually. This was his father and he was rich in more than land, for he had a concubine, perhaps more than one, but at least one.

"She was my mother," the voice in the darkness said.

Ah, here was the story. She was his mother. In the old days the tie between mother and son was very close among the Chinese. Young soldiers, village boys snatched from the quiet dusty streets and forced into military service, would cry out for their mothers. "*Wo-tih Ma! Wo-tih Ma!*" Thus, when they were dying in the battles of revolution they cried aloud for their mothers. Once on the streets of Peking, when students had revolted against the local warlord and had been shot down by the soldiers, I had heard them cry for their mothers.

"I had a brother," the voice in the darkness was saying. "He died when he was five years old, before I was born. My mother always loved him better than she loved me. I know that because whenever she saw a little child about that age, a boy, she coaxed him to come to her and she fed him sweets. And I was the child of her old age. She was more than 40 years old when I was born, and it was her disgrace to be so old and still giving birth. She fought for me, nevertheless. She made my father treat me well, as well as he did the children of his wife. She would not let him forget that whatever she was, I was his son. I remember that she was good to me. I owe her a debt so long as I live."

The voice was silent, a silence seeming very long, but perhaps not more than a full minute.

"Then the new people came in. My father was accused, as a landlord—and by his tenants. They could not have forgotten all that he had done for them, how he had forgiven them his share when the crop was poor, how he had helped them settle their disputes. But when the party members took control of my village, their job was to teach the people to hate. If the tenants did not demand the execution of the landlords, they too would be punished. So, good and bad, the landlords had to die. The new order must be established, we were told. My father was hung up by his thumbs on the tall dragon tree in our main courtyard and then was flayed to death. We, his family, were compelled to watch this. Then we were separated, my half-brothers and their families dispersed. My wife and I and my mother were moved into a small mud-walled one-room house, which had formerly belonged to our gateman. I was given work to do as a bookkeeper for the cooperative, since I have some education. They were called cooperatives at first before the communes came. I had also to work many hours digging in the riverbank for the foundation of the pillars upon which the great bridge was to be built. You remember the cities facing each other there at Wu Han?"

"I remember," I said. "Even in those days there was the dream of a bridge connecting these cities. It remained a dream. The river there is wide

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and swift."

"It is wide and swift," the voice agreed. "And the soil of the banks is clay, and in the dry season it is like rock. I had never done such work before. My wife worked with me. She also had never done such work before. We were so tired at night that we seldom even spoke. And all day long my old mother was alone in the house. She could not understand what had happened. After she saw my father die, she was never the same, you understand. Her brain was muddied, as one muddies a clear pool."

"I understand," I said. The words the voice used were "*Hwen, t'ou hwen liao*"—memory vague, thought confused.

The voice went on, quiet, gentle, patient. "Our problem was food. We had not enough to eat. Since my mother could not work, she had no food ration. Therefore my wife and I were compelled to share our food with her. It was not enough. We were always hungry, and my mother could not understand why she was hungry. She would say to us, 'Can you not buy me a little piece of pork?' She had been accustomed to good food, pork or fish every day and as much rice as she wished. Now we did not see these dishes, and pork we had not more than once a month and then only a fragment. We gave it to her, but she was still hungry and she thought we were to blame. We could not make her understand that we had only what food was given us. 'Why do we not buy a small pig?' she asked. 'We could feed it and then eat it ourselves when it is fat.' In the old days this was easy."

"I know," I said. "Every farmer had his own pig in those days, and chickens and perhaps a water buffalo or an ox."

"All these have been taken from us," the voice said. "We share, you understand, but this means we have nothing. Our wages are not given to us in full. Some is kept back, on deposit we are told, but we do not know where. Even the peasants, our former tenants, who expected so much after the landlords were killed, have nothing. The commune took away what little they had and gave nothing in return."

The voice broke off abruptly to cough. "You understand I am not complaining."

"I understand," I said.

The voice went on. "Of what use is it to complain? We can only bend as the reed bends when the wind is strong. We can only wait for the wind to die, so that we may stand straight again."

"The wind will die," I said. "Go on and tell your story. I do not want you to be caught here."

"The time came," the voice said, "when even the house was taken from us."

The long pause came again, and when the voice spoke it was in a lower and more mournful tone. "Let me be honest. If the house had not been taken from us, I do not know what we would have done. I had to be very careful. I was suspected because I was the son of a landowner. The sons of peasants and tenant farmers are trained in Communism and put in charge. Communism is all they know. They have no other learning. For this I do not blame them. They too are helpless. But had I made one misstep, I would have been killed, and my wife and mother with me. I had to think, night and day, of such a misstep. And my old mother, understanding nothing, put me in danger again and again. When we were away and some young official came by to spy on us, she received him as a guest, as she would have done in the old days, and she used our few ounces of tea leaves to make tea for him, or she added water to the rice my wife had set aside for our one meal of the day, and made a bowl of gruel for the guest. I was then suspected of hoarding. We were desperate, my wife and I. It is possible that had this gone on, we might have forgotten ourselves and put my mother to death to save us all. We might have done it. It has been done by others."

"I can quite understand how it might happen," I said, "though in the days past it would have been impossible. The son would have been considered a monster and would have been stoned to death by the villagers."

"Were there such days?" the voice inquired. "I have forgotten them. We have all forgotten them. Now we have the commune. They let us stay on in the small house until the new commune building was put up, but they took away our cooking utensils. We were compelled to eat in the central mess hall, and my wife was made one of the six cooks in the communal kitchens. My work is heavier than before—in the office in the mornings and digging in the afternoon. At night we must attend commune meetings until eleven o'clock. But I speak only of food. We have meal tickets, my wife and I, and my mother was not given a meal ticket, because she was not able to work. I went to the commander, a young man of 21, the son of our village barber. He had joined the party now, and our lives were in his hands. All the commanders are young and of peasant families. They are overzealous in trying to please their new superiors, whom they fear. We all fear someone.

" 'Your mother must work,' the commander said in a big voice.

"I told him that her brain was muddled. He said that even such a person could be of use. She could work in the nursery where the children are kept. So I took my old mother there, and for this reason I was able to get her a meal ticket. We were better off than before, so far as food goes; for my wife, being one of the cooks, could snatch a mouthful here

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and there, as all the cooks do. She can even wrap a bit of rice for me in a lotus leaf and hide it in her pocket.

"Things might have been well enough for such times as ours if it had not happened that the nursery was in our own old great house, where my mother had lived her woman's life. She was too muddy in her mind to know this, and yet by half-forgotten instinct she remembered her way around this house. True, it looks very different now. The trees have been cut down, and the gardens are ruined. It has been used for many purposes: at first as headquarters for the party and after that for a basket factory, and after that barracks for soldiers. Now that it is a nursery it would be hard to remember that once it was comfortable and even beautiful in its own country way. You have seen such houses."

"Many times," I said. "They are very beautiful, as you say, in their own way. They belong to the earth upon which they stand, and they have been shaped by generations of the same family."

The voice trembled slightly. "So it was with our house. My mother, I said, did not remember and yet she had not forgotten. Her poor brain made her believe that she was now reduced to being the lowest slave in this house full of children whom she supposed somehow to be the many children of our family. She followed the directress from room to room, telling her that once she had been mistress in this great house and that now she should not be a servant.

"The directress is a young woman, herself the daughter of a peasant, and she was impatient, as well as terrified, not only because my mother had been of the landlord class, but also because she feared the retribution she would suffer if the old woman did not do her work well. She was angry because such a stupid old woman as my mother was assigned to help her. Still, I cannot say she was cruel—only impatient and afraid. All young men and women are that way now. They are forced to go very fast. But everything that is done is at a cost to the people."

The long pause fell again.

"My friend," I said. "It is growing very late."

The voice began immediately. "Still we might have got along, except that one day a little boy of five years, or thereabouts, was brought into the nursery, crying. He was frail and sickly, and the moment my mother saw him she thought of her son who had died young. She began to love this child, and this was her great crime. She could not hide her love, and this was her great danger. Love is forbidden us. We are taught that love is a bourgeois weakness and destroys the whole purpose of the nurseries. Children must grow up thinking only of the group, not of any individual, not even of themselves.

"Your television is too loud!"

"By the time children have been in the nursery for about four years they have learned what is called collective living. They learn this easily, but still sometimes the little ones cry at night for their mothers. This is a problem not yet solved. If an older child cries he can be punished. The only solution so far is work. The three-year-old children pull weeds; the older ones carry stones. They learn chants which teach them how to think. If one disobeys, he must do extra work.

"The boy whom my mother loved was, of course, among the disobedient. He had never worked and he could not keep from crying. My mother tried to help him carry stones, but this was forbidden, and she was threatened with being sent away. This frightened her, for by now she loved the child very much. She stayed away from him in the daytime, but at night she crept to him in the darkness and took him in her arms. She carried him to a corner in the fuel shed and there she held him until he slept. It was, of course, a great unkindness to him, for though she comforted him and made him happy she weakened him. He tried even less than before to do his work, and she, my mother, fell into a dream of confusion. She imagined herself a concubine again, with her little son, and that all the great household hated them, so that she had no friend—not one.

"One day when she was sweeping the floor of the fuel house, which was part of her work, her cloudy brain cleared for a moment and she remembered that when she was a concubine she had been given some jewels, and once during a riot she had hastily hidden them in a moment of fear in this very shed behind a brick in the wall and had forgotten them. As though she walked in her sleep she now went to that place and found the jewels as she had left them, but covered with dust. There were three pieces. I do not know what two of them were. They were of no value or I would have heard what they were. The third piece was valuable. It was a butterfly of filigree silver set with small good pearls. The workmanship was very fine. I saw it myself when she was put on trial. She took that piece and hid it in her bosom. All this was told at the trial.

"The next day it happened that the boy cut his hand. It was a bad cut. I saw that too at the trial. It was slashed in the palm. He had been given a sharp tool to dig weeds. We had had no rain for many weeks and the earth was like iron. The tool slipped as he pressed upon the handle. He was taken to the infirmary, of course, and raw disinfectant poured into the wound. There are many sick children, there are always many, and the attendants are harassed and busy and no one had time to comfort him. My old mother crept to him and led him away, and no one paid any heed among so many children. She led him

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PRO FOOTBALL'S WINNINGEST COACH

Joe Gibbs, coach of the Washington Redskins, has quietly soared to the top of the NFL ladder by a combination of ability, dedication, religion, and teamwork.

by Walt Roessing

It was payoff time at Redskin Park, the practice site of the world-champion Washington Redskins in Herndon, Virginia. The entire squad of 121 players had surrounded Coach Joe Gibbs in the locker room following the final workout in their six-day minicamp. It was May 14 and the players were eagerly awaiting their moment of retribution.

Five months earlier, Gibbs had promised his players an unusual bonus if they could beat the Chicago Bears in the National Football Conference division playoffs. Gibbs said they could cut his hair like their safety Alvin Walton—who sports a Mohawk.

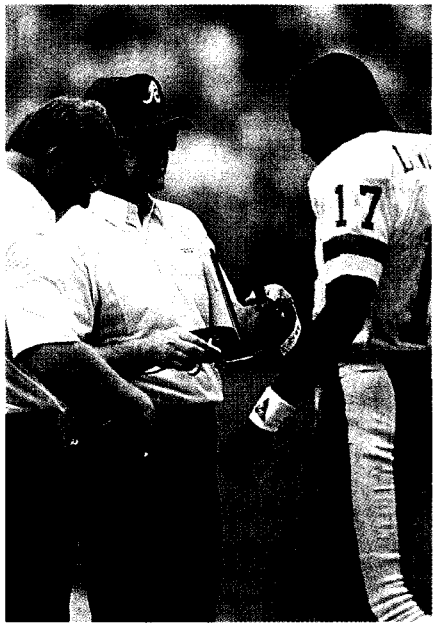
"He didn't want to do it before the Super Bowl because of all the attention it would create," says a 295-pound tackle, Mark May. "So he said he'd do it at minicamp."

Taking turns with electric shears and scissors, May and Walton gave their coach the closest haircut he's had in his 47 years, and when they finished, Gibbs went looking for his coaching cap.

Washington's head man agreed to the "scalping" because he didn't want to lose credibility with the players. His close rapport with them has been a key factor in helping Gibbs become the NFL's dominant coach of the '80s.

Since 1981, Gibbs has guided the 'Skins into three of the last six Super Bowls—winning in 1983 and 1988. During that seven-year span, Washington has registered the NFL's best overall record (85-33), home record (49-12), and playoff record (11-3).

Gibbs has quietly soared to the top of the NFL ladder by outcoaching such distinguished rivals as Chicago's fiery Mike Ditka, Dallas' legendary Tom Landry, San Francisco's professorial Bill Walsh, New York's tempestuous Bill Parcells, and Denver's savvy Dan Reeves. He was the first



Coach Gibbs confers with record pass completer quarterback Doug Williams.

head coach in 20 years to be named Associated Press Coach of the Year (1982 and '83) in successive seasons.

However, Gibbs wasn't an instant winner. His first Redskin team opened the 1981 season with five consecutive losses. "I thought I was going to be the first guy that would coach in the NFL and never win a football game," says Gibbs, who finished the year with an 8-8 mark.

But Gibbs has emerged as pro football's winningest coach by employing a combination of ability, dedication, religion, and teamwork. First and foremost, Gibbs is a players' coach. He doesn't hog the spotlight. His door is always open to his players. And he excels in the psychology of persuading his players to pull together, which is essential in a difficult team game like football.

"To be a good football coach, you have to be a good teacher," he says, speaking in a soft, disarming Carolina drawl. "You have to have the knowledge, but you also must be able to get it across. You have to be able to get everybody moving in the same direction."

Charley Casserly, Washington's assistant general manager for six years, explains how Gibbs accomplishes that. "Gibbs deals with people on a very even keel. He gets them to play hard together as a team because he gains their respect by being honest with them. He doesn't play mind games, like some coaches."

Casserly offers some examples.

"If Gibbs is confronted with a discipline problem involving a player, he doesn't go to the press or he doesn't embarrass him in front of the team. He meets with him on an individual basis. Gibbs is always available to talk one-on-one with players who have some personal or team problem. That's not policy, that's reality.

"What's more, the players have a voice in a lot of things, like their training schedule between games. He'll talk to them as a unit to find out what *they'd* like to do. Would they prefer to have daily practices or would they like Monday and Tuesday off with extra hard workouts on Wednesday, Thursday, and Friday?"

Casserly says Gibbs' rapport with the players was best illustrated during the two recent NFL strikes. "Despite the disruptive influences of those strikes, both those seasons ended with us in the Super Bowl," he says. "When the 1987 strike ended, Gibbs called several meetings in which his regular players had their say. Those meetings were vital because our team last season was an emotional one that thrived on coming from behind."

"He did a good job of not alien-

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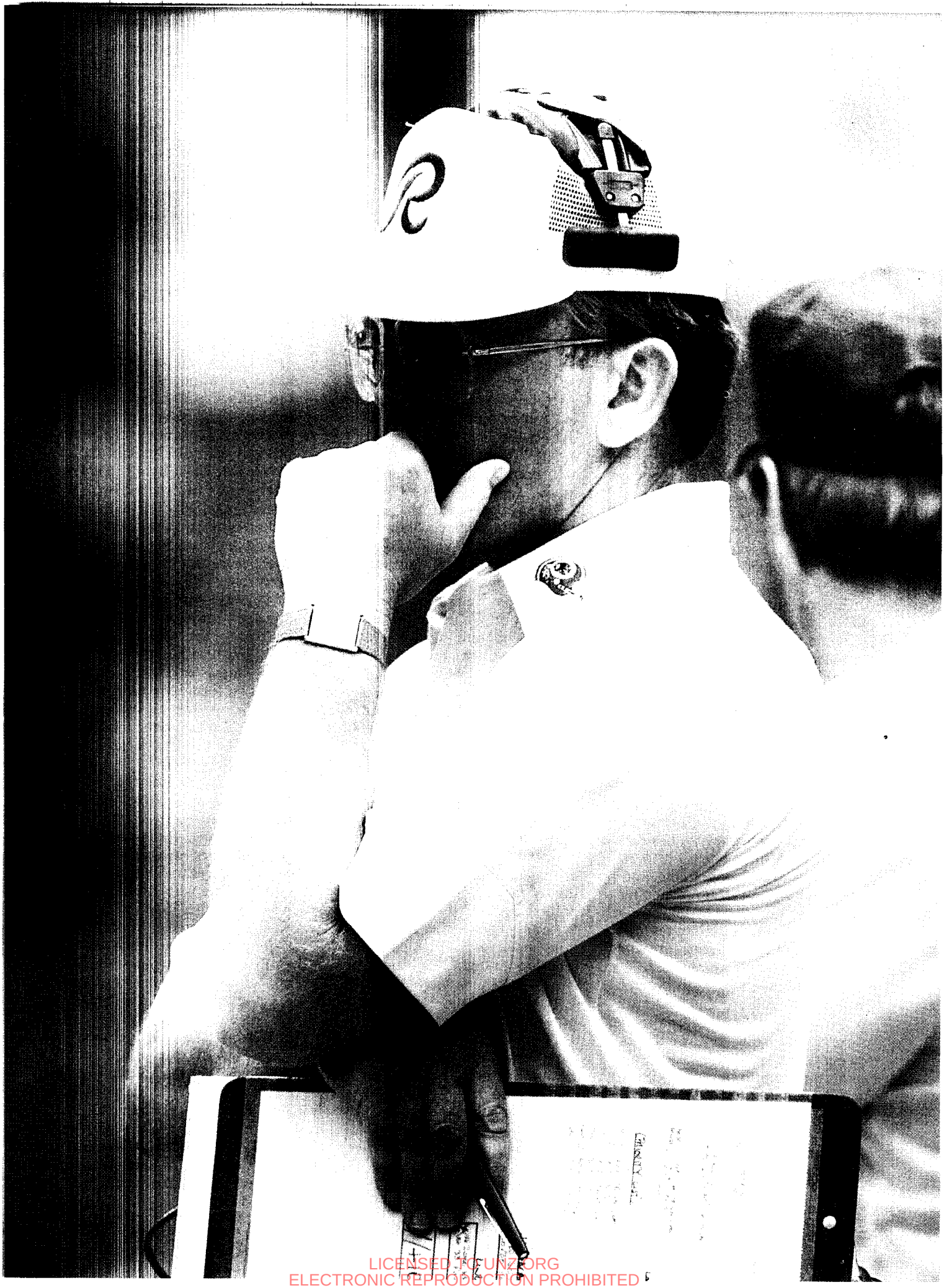

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THIS OLD HOUSE

Owners of a new dwelling will never know the excitement of hornets in the living room, a black rat snake in the kitchen, or a white cat disappearing down the hot air pipe.

by Maynard Good Stoddard

Illustrated by Don Trawin

Buying an old house is not unlike jumping off the Golden Gate Bridge and halfway down changing your mind.

I was under the impression that the brunt of putting *this* old house in shape would fall primarily upon the female of the species. But now I know why a woman's work is never done, as the saying goes . . . she keeps busy creating ways to keep old hubby out of the hammock.

First, it was running water. This termite Taj Mahal that we took over, high on a windy hill overlooking Freedom, Indiana, didn't have any. Unless you count what came through the kitchen ceiling during a rainstorm. So I called a well driller. He said the drilling would be nine dollars a foot and he would put us on his waiting list. I told him we were in no hurry. The thought of how many miles he might have to go down to strike water on this mini-Alp made our other inconveniences pale by comparison.

Among these inconveniences was having to call upon my dear wife to mount a stepladder in the back yard to hold a sprinkling can over me for my daily shower. As the water had to be lugged in gallon milk cans from a flowing well half a mile down old I-67, she argued that it might better be used for watering her petunias. I said I wouldn't mind taking my shower over her dumb petunia bed if it wasn't in the front yard, with Big Four Road just below.

The situation came to a head the day she positioned one leg of the stepladder over a mole tunnel and upon picking herself up invited me to hold my own *bleep* sprinkling can. And if you have ever tried taking a shower holding your own sprinkling can, you know it's no picnic.

The well driller brought in our well at 248 feet. At nine bucks per—you figure it out, it makes me sick. So did the water. The driller evidently had drilled into a dinosaur's comfort station.

"Oo mah tah da mmin!" railed my dear wife upon first washing dishes in the stuff.

"If you'd take that clothespin off your nose maybe I could understand you," I railed back.

Removing the pin, she said, "You've got to do something."

"Like what—like shinny down 248 feet of pipe with a jug of Chanel No 5?"

"It's fit only for use in the bathroom," she said, repinning her snoot.

This of course led to a short debate over installing a bathroom, which I lost by a vote of one to one. And there went another two thousand smackers.

The room we added, thanks to a blueprint drawn up on the side of an IGA shopping bag by Mrs. Frank Lloyd Wright, ended up 50 percent closet space, 35 percent sewing accommodations, 15 percent bathroom. The result makes one long for the luxury of the old sprinkling can.

After turning sideways to squeeze out of the shower, I must remember to towel my back in an east-west direction. If I go the north-south route I either rap my knuckles against the north wall or bring down the towel rack along the south wall. Sometimes I do both.

Running water and accommodations, however, do not necessarily a bathroom make. At least not in stuffy sweet Owen County. The county fathers insist that there also be a septic tank.

"No problem," offered my dear wife, who wouldn't know a septic from a Sherman tank. "All it takes is one of those funny shovels to dig a hole, and then you just pop the septic tank in and cover it up." I told her she made more sense with her nose pinned.

The funny shovel, or backhoe, as it's known in some circles, struck sandstone three feet below the surface, which broke the bucket, which caused the operator to give up. Thus when the tank was popped into the hole and covered, it left a hump that visitor after visitor (we've had two already) excitedly mistakes for an Indian mound. If the next caller, should we have one, becomes excited, I may let him go ahead and explore it.

Anyway, now we were all set. We had running water, we had a bathroom, and we had a septic tank. We also had this wonderful view, where we could sit and watch lightning form. My dear wife was brought up to enjoy electrical storms, which is probably the reason she cast the deciding vote to buy this eagle aerie.

The first lightning that formed for Mrs. Ben Franklin's pleasure chose the unseemly hour of 4:20 a.m. to shatter the locust tree just off our bedroom window. I immediately slid under the bed to commiserate with Brutus, my dog, and Lump, her cat, while dear wife went to the kitchen to brew coffee.

Returning immediately, she said to Brutus, evidently mistaking the end of his tail for my mustache, "There's no water. You've got to do something."

When Brutus didn't respond, I went down to check the fuses. Not only had lightning gutted the fuses, but daylight inspection revealed that from the tree the lightning had traveled across the yard to the water line, and from there couldn't decide whether to make a hard left into the root cellar to burn out the

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hot water heater or a hard right and go down that 248 feet of pipe to ravage the jet pump. So it did both. Replacing the heater was a pittance compared to having the pipe pulled and buying a new pump, which came to a tidy $840.

Since then dear wife has enjoyed two rousing encores, and we have only one locust tree left. When it's gone, we'll probably be kissing this termite bivouac good-bye next.

No matter that our roof above the kitchen ceiling

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The man assured us that the snake was harmless. "Sure he's harmless," I agreed. "How can a snake harm you when you've already died of shock?"

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IT'S GETTING EASIER TO CHOOSE YOUR BABY'S SEX

New laboratory techniques help couples select the sex of their offspring and avoid passing on sex-linked genetic diseases.

by Leslie R. Rubin, Ph. D.

Gender selection—choosing a baby's sex before it is conceived—is not a new concept. Ancient folklore prescribed methods to dictate the sex of the not-yet-conceived child.

Modern-day gender-selection techniques are quite varied in their methods, success rates, and costs. Some are easily incorporated into a couple's lifestyle, but they are unproven. Others require the use of a clinic and laboratory specializing in such a service. None represent appreciable physical risk to the couple.

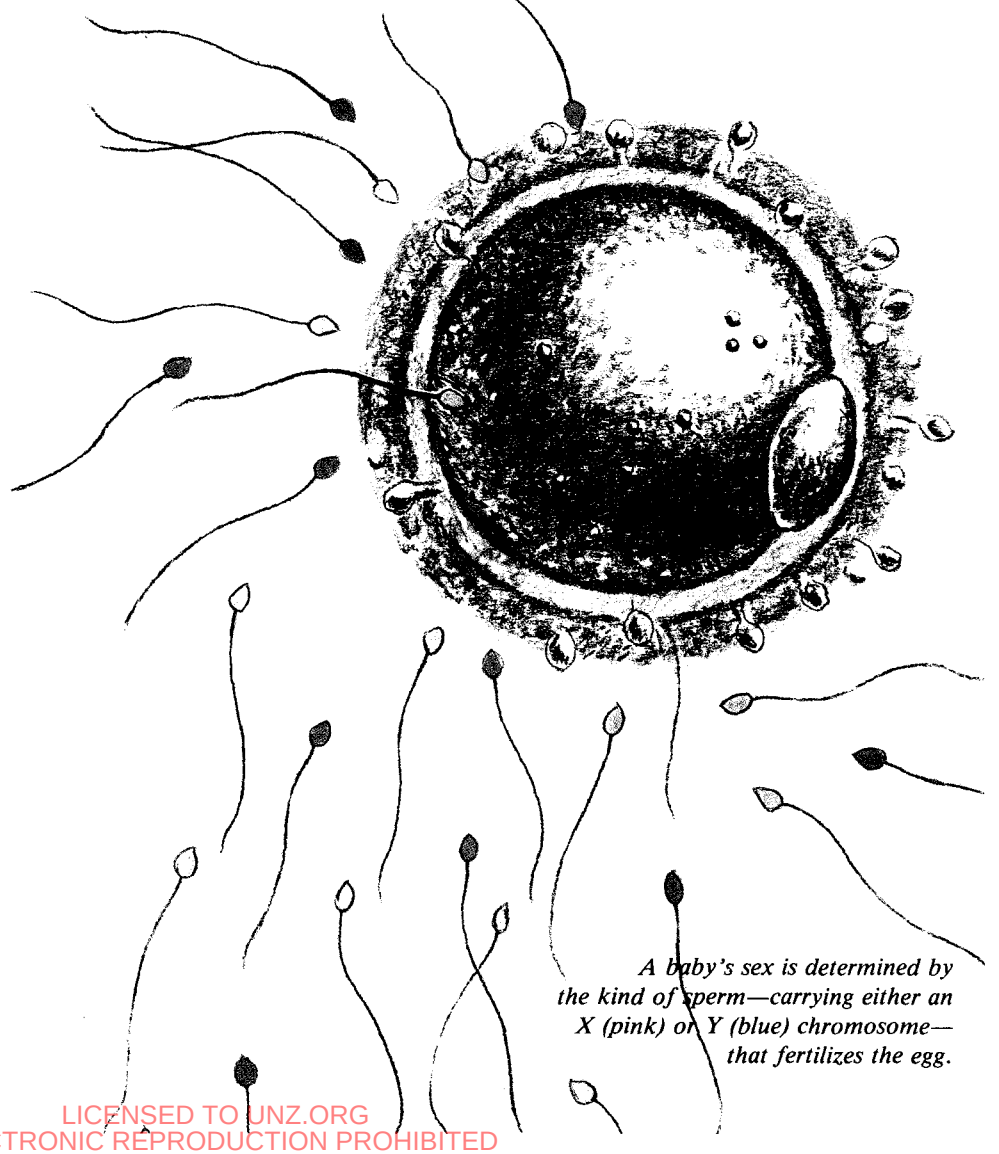
Couples use gender selection because they can maintain small families while increasing their chances of having both boys and girls. This is increasingly important to nations like China, where population-control measures are strongly enforced, although the desire for males is part of social tradition.

Thus far in the United States, most couples interested in gender selection 1) are fertile; 2) have two children of the same sex; 3) would like to have only one more child; and 4) would like to have a child of the other sex. In my experience, the request for female offspring has equaled that for male offspring.

There are good medical reasons for the use of gender selection. Some couples carry what are termed "X-linked recessive disorders." These sex-linked diseases will affect the male offspring if the correct combination of a carrier X and a Y chromosome are joined. There are at least 286 documented human X-linked disorders. Well-known examples are hemophilia types A and B—which are inherited only by male offspring and make up 90 percent of all congenital bleeding disorders—and Duchenne's muscular dystrophy (a severe form of muscular dystrophy that affects the shoulder and pelvic girdles).

Currently, a principal option available to couples at risk for X-linked recessive disorders is donor-sperm insemination, which circumvents the issue by using sperm from an *unaffected male*. Gender selection allows use of the affected *husband's* sperm and increases the chances of having a healthy, unaffected fetus. Dr. Brenda Bordsen of Reproductive Resources in Kenner, Louisiana, cites two examples she's worked with. In one case, the couple had a male child who suffered from a rare genetic disease. In the other, the couple's son was afflicted with Duchenne's muscular dystrophy. In both cases, the couples elected to use sex selection and conceived healthy female babies.

Although references have repeatedly cited X-linked disorders as a medical rationale for the use of gender selection, such use is just beginning. One reason is a lack of communication. As Bordsen explains, couples with a history of X-linked disorders don't often receive genetic counseling; they aren't aware that gender selection for a girl is possible. As gender selection techniques see more use in general and as more successful techniques are developed, they will



A baby's sex is determined by the kind of sperm—carrying either an X (pink) or Y (blue) chromosome—that fertilizes the egg.

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likely become a valuable addition to the current options for fighting sex-linked diseases.

Gender Determination

Gender is determined by the sperm X and Y chromosomes. The combination of an X chromosome from the father and an X from the mother produces a female. A Y chromosome from the father and an X chromosome from the mother generate a male. In human semen specimens, the ratio of male to female sperm approximates 1:1. The odds for conceiving a boy or a girl are even, but the population at birth isn't—there are actually about 105 males born for every 100 females. So another parameter must be influencing gender determination. The woman's reproductive environment is apparently selecting the fittest sperm for survival. This line of thought has provided the basis for many of the nonlaboratory sex selection methods in use today.

Home Methods of Attempting to Choose Babies' Sex

Most nonlaboratory methods work with the timing of intercourse in relation to the woman's ovulation, modification of the vaginal environment with acidic or alkaline douching, or manipulation of the dietary intake of minerals. Male sperm are thought to swim faster, so intercourse at the time of ovulation should favor conception of a boy. Female sperm, on the other hand, have been reported to survive in an acidic environment better than do male sperm, so douching with a dilute solution of vinegar should favor conception of a girl. Animal and human studies have indicated that alterations in the relative concentrations of minerals such as potassium, calcium, or magnesium could affect gender outcome. For instance, raising tadpoles in potassium-rich solutions biased the population for males. Calcium and magnesium-rich solutions favored females.

Professional Laboratory Methods of Altering Chances

Laboratory methods make use of the differences in the physical characteristics of the sperm to separate and concentrate them into their male and female populations.

In the 1970s, R.J. Ericsson developed a method to separate sperm by using centrifugation and progressively denser fluids containing the protein albumin. Centrifugation is a method that brings small particles in a liquid to the bottom of a tube. Ericsson found the bottommost layer rich in male sperm. He later patented the method, and it is now one of the most widely used, claiming a 75 percent success rate.

About the author: *Dr. Leslie Rubin is an andrologist on the faculty of the Indiana University School of Medicine department of obstetrics and gynecology. She and her husband live in Indianapolis with their gender-balanced family composed of a four-year-old son and a one-year-old daughter.*

Another technique employs column chromatography. The name was derived from a process used to separate plant pigments. A glass column of microscopic beads effectively increases the distance sperm must travel while it slows the rate at which they pass through the column. The net effect is the separation of the two subpopulations of sperm due to differences in their physical characteristics. The enriched fraction is then available for use. This method has been used to separate out female sperm.

Sperm have also been separated by creating an electrical charge in a liquid. A positive charge at one end attracts the net negatively charged male sperm, while the opposite, negatively charged end attracts the net-positively charged females.

Other methods use Percoll, a gel of silica, to increase the thickness of the liquid environment and separate the sperm based on their settling characteristics, or sedimentation, at various speeds of centrifugation. This method, developed by Japanese researchers, has been used to increase the number of female sperm. Further work has been proposed to create the optimal conditions under which male sperm could be selectively enriched.

Separating the sperm population by sex means the number available for insemination will be less than in the original semen specimen. The techniques routinely yield 15 to 20 percent of the original total motile fraction of sperm. So if 60 million motile sperm are available for separation, one can predict that 9 to 12 million sperm will be available for insemination. Although only one sperm is required to fertilize an egg, several million appear to be needed to give a couple a good probability of achieving a pregnancy. A semen evaluation should be conducted before and after the gender-selection processing to provide a realistic assessment of a pregnancy success. Furthermore, having had children in the past does not preclude the need for such an evaluation. The fertile husband may have had 20 million total motile sperm per milliliter, but this concentration would yield only 3 million sperm per milliliter after separation, perhaps too few to ensure conception.

All the laboratory techniques discussed have some record of success. They also require the collection of a semen specimen, the submission of that specimen to a laboratory where the processing can be performed, and the transfer of the separated sperm to the woman by artificial insemination. Couples who decide to use the laboratory-based methods commit to a program of submitting their semen to a laboratory and artificial insemination. The specimen can be collected at home—if the driving distance does not exceed an hour in transit—or alternatively in the clinic. By the time the decision has been made to participate in a program, the details of semen collection and artificial insemination are no longer viewed as hurdles.

Couples should know that no techniques, to date, can guarantee a 100 percent success rate. Most laboratories report a rate of 75 percent or

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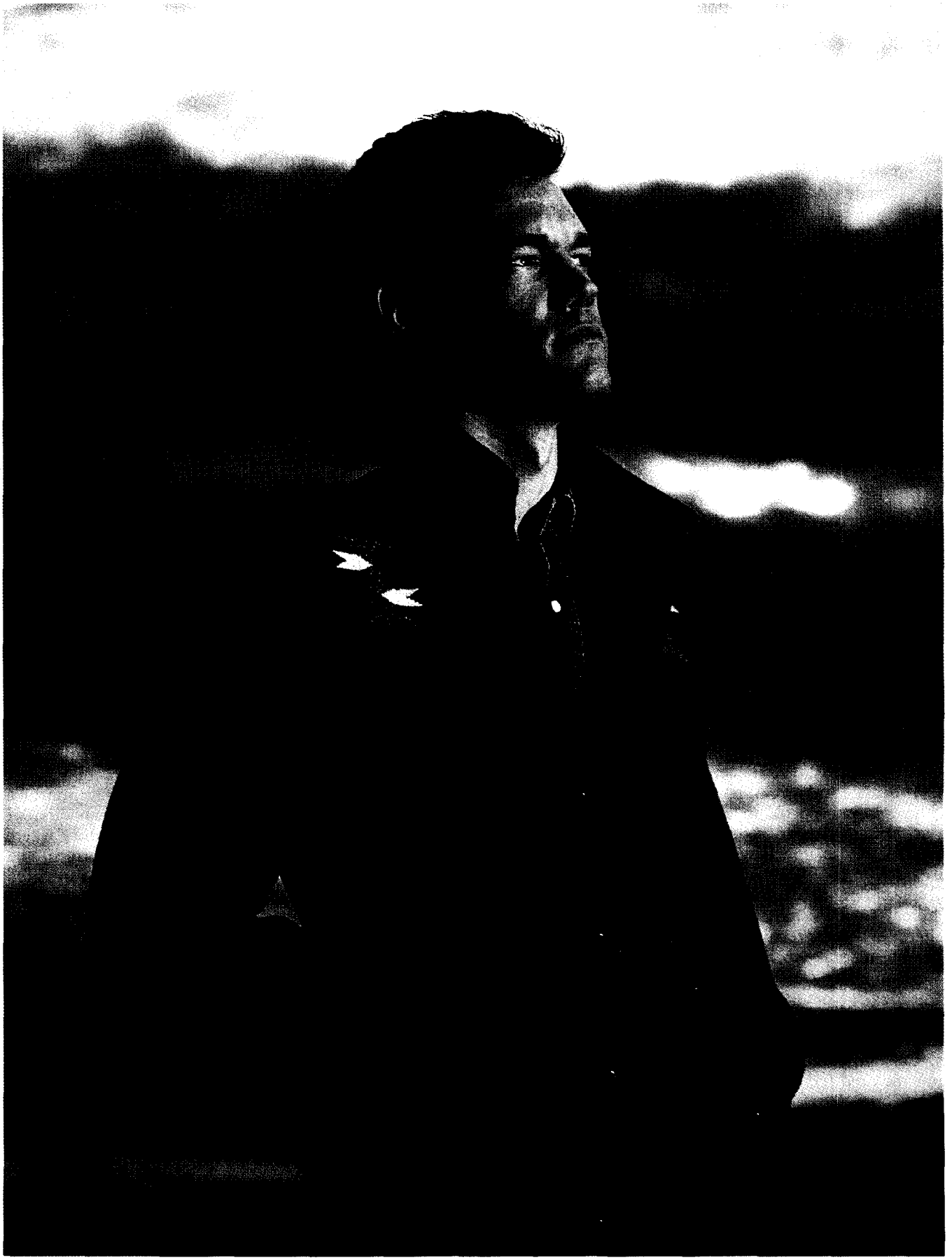

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RANDY TRAVIS: NICE GUY FINISHES FIRST

More than just down-home roots and western boots, this good ol' boy is sending country music back for its future.

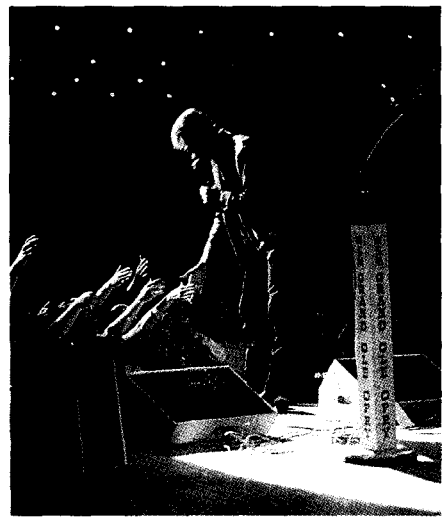
by Holly G. Miller

Lib Hatcher remembers the lean days—all 3,650 of them. She wouldn't trade them, she says, but that doesn't mean she wants 'em back, either. Those were the days when she almost missed making payroll, when she hocked her diamonds and pooled her cash to buy a mechanical bull just to keep her nightclub open long enough for someone to discover what she had discovered in 1976, the voice of Randy Travis. For ten years it was like that—she, promoting her protégé; he, frying catfish and washing dishes when he wasn't singing on stage. Then it happened; everything clicked. There was a hit single, an album contract, an offer for a tour, even a movie deal. He was hot. Finally.

And everyone was calling him an overnight success.

In Nashville, success is a matter of record: how many you sell over the counter and how many you break at the gate. It's not important how you get to the top, but only that you travel in style. Since 1986, Randy Travis has tallied a phenomenal 5 million in record sales, played to S.R.O. audiences at about 180 concerts each year, and traded up from a converted bread truck to a $400,000 luxury bus, complete with full kitchen, whirlpool, and an entertainment center stocked with his favorite collection of "Mayberry" reruns.

In the competitive world of country music, everyone is applauding Travis as the nice guy who has finished first. More than just down-home roots and western boots, he's a back-to-basics artist who's steering the Nashville sound away from crossover pop and back for its future—to the twang, dang, and wailing fiddles of the past. In the process, he's picked up every major music award that the industry gives to its stars, including two platinum albums; a Grammy; male vocalist of the year honors from the Country Music Association; and American Music Awards for best country single, album, video, and country male vocalist of 1988.



"If you work at something long enough and keep believing," Travis says, "sooner or later it will happen."

"I'll tell you, the whole thing has been a big surprise," Travis says, shaking his head in disbelief. "When we got in the business, the type of music I'm doing just wasn't selling or drawing many people to shows. I never expected to have a gold album. I can honestly say it never entered my mind. Now the first two albums have sold more than 5 million. *Incredible.* And from what I understand from Warner Brothers, the orders have been real good for the third album."

Real good. In fact, according to his New York publicist, Evelyn Shriver, Travis' third album, called *Old 8x10,* was *shipped* platinum.

If all this fuss has mystified the artist, it has caused a scramble in Music City. Opening acts that have always drawn their best applause with impersonations of Hank Sr., Willie, and Waylon are now integrating Travis tunes into their medleys. Talent scouts are haunting honky-tonks and looking for no-frills stylists to replace the rhinestone wowboys of the early '80s. Sound-alikes may surface, but more than music is at play here. Travis is patient. He's picky about his material: he has been known to record as many as 20 songs in order to choose the best 10 for an album, and he's such a purist that he politely refuses to sing anything that smacks of pop.

The result of all this patience has been a string of hits and sold-out concerts that has earned him rave reviews in publications that rarely recognize country-western efforts. The *Wall Street Journal* says his songs are "so softly compelling they could gentle down the boisterous clientele" of any honky-tonk. The *New Yorker* claims Travis possesses "a quavering, bottomless voice that often overwhelms the songs he sings." And the normally staid *New York Times* gushes: "He imbues every lyric with an aura of deep, serious nostalgia for a picture-perfect rustic never-never land of social and romantic harmony."

The "rustic never-never land" of his youth was never that picture perfect. He grew up on a turkey farm in Marshville, North Carolina, the second oldest in a family of six children. By the age of nine, he was singing professionally at fiddlers' conventions, private parties, and VFW halls.

"My parents are big country-music fans," he explains. "Daddy, especially. He had quite a collection of 78s—Gene Autry, Roy Rogers, Tex Ritter, Lefty, Hank, and the others. He pushed me and my brother Ricky to do this since I was about eight. He

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COMPUTER CHITCHAT: THE HIGH-TECH GRAPEVINE

Through today's personal computers, thousands of Americans talk with each other about everything from politics to marriage vows.

by John McCollister

Illustrated by Paul Montgomery

Joe, an electrical engineer in Los Angeles; Mary, a housewife in Memphis; and Norman, a business executive from Chicago, are heavily debating the forthcoming presidential election. Each one has a strong view about the state of the economy and about who is the best candidate. It's a debate similar to those heard on radio or television, or at a neighborhood barber shop. But this debate is a little different.

In the first place, Joe, Mary, and Norman are each sitting at home in front of their computers. Second, scores of people in other cities are "listening in" to what the three participants are saying to each other. Finally, although the three debaters have communicated several times in the past few months, none of them knows the real names of the others. Instead, Joe calls himself "The Man," Mary is "Sweet Sue," and Norman is "Tarzan."

A high-tech international spy ring? Not at all. Joe, Mary, and Norman are but three of the growing number of Americans who have shared the joys of communicating by what is known as "computer CB." They type their messages onto a screen and await the responses from their "on-line" companions.

In the early '70s, CB (citizens band) radio became the rage of motorists, who installed tiny transceivers in their vehicles and greeted one another over a microphone with "Ten-four, good buddy." This mode of CB had its drawbacks, however. Transmissions were limited to five to ten miles, and signals were often garbled or blocked by other transmissions.

Today, due to the popularity of personal computers, thousands of Americans can communicate with people throughout the world without any interference—for just the cost of a local telephone call.

Modern CB is a computerized party line with many people typing away to each other all at once. If this becomes too much of a hassle, and if two CBers happen to be particularly attracted to one another, they can agree to "talk" privately. After activating a designated code, they can slip off into their own little cubbyhole (so to speak) and hold a personal dialogue without having anyone else listen to what they have to say.

Computer CBers, like their radio counterparts, use "handles" instead of names. Thus, Alice becomes "Bag Lady," Elaine is "Bunny," and Sam is "The Traveling Man." Handles are more than just clever titles; they create a certain anonymity that allows an added measure of freedom. Consequently, it's not unusual for a normally shy user to engage in fast-paced dialogue with a total stranger because of the "mask" the handle gives him.

Some people have other reasons for this protective shield. Such stars as Robin Williams, Donnie Osmond, and Mike Nichols are regular CB users. While sitting at their keyboards at any hour of the day or night, they are treated as "regular people" and can chat without the trappings of their celebrity status.

Computer CB is a haven for authors who take a busman's holiday and go from typing manuscripts to typing personal messages. One of the more frequent visitors to the channels is Steve Gerber ("Void"), the author of *Howard the Duck* and a regular writer for "Star Trek: The Next Generation." There's also "Rota," a space writer for NASA, and "Provocateur," a popular author of high-tech material.

Dale Parry, an assistant editor for the *Dallas Morning News*, says: "It's really a different way for me to take a pulse as to what people are thinking. This is a different group of people than I'd meet at a local shopping center. I can 'log on' to my CB channel and toss out a key word or two. I'll get a hundred instant opinions from people not just in my city, but from across the nation."

CB has left a mighty impact on a few personal lives. For example, "Mike" and "Silver" met over CB. He was a computer expert living in Dallas; she lived in Phoenix and was new to computers. In spite of their different professional and geographical backgrounds, the couple discovered they actually had a lot in common. After many conversations on CB, they exchanged letters; phone calls followed. Finally, "Silver" visited "Mike" in Texas, and their feelings for each other blossomed. On Valentine's Day 1983, they became the first couple to marry on-line. They typed their vows to each other over CB as an ordained minister officiated from another keyboard.

One CBer in Indiana considers the modern medium an answer to his prayers. He tells about meeting a lady on-line. When she asked what he looked like, he was taken aback. "I suddenly realized that there was something about me that everyone I met knew about me but that she didn't," he said. "I'm confined to a wheelchair by a form of muscular dystrophy. All my life I've been trying to get people to treat me like any other person. I suddenly realized that CB was the perfect opportunity to make friends and meet people without the image of me in my chair blocking the way."

Patricia Phelps ("LooLoo"), of Columbus, Ohio, observes that with CB the person is not seen, so any prejudices one would normally have are not brought out at the start. People get to know one another for *who* they are, not for *what* they are. "Many of us who might not have given each other the time of day had we met first in person have become genuinely good friends," she says. "We have communicated mind-to-mind and found that we like what we have learned about each other."

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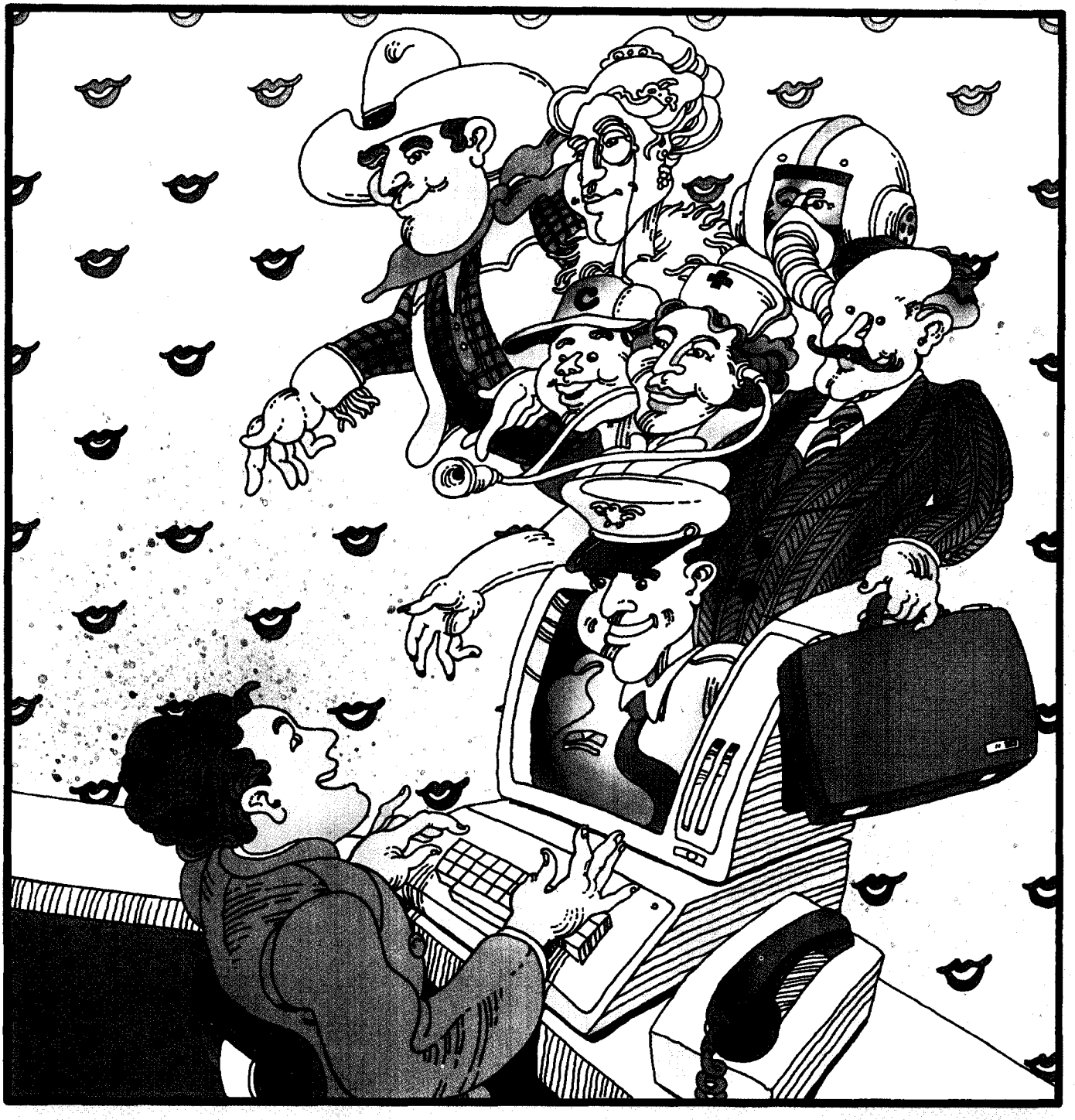
Richard Baker, the public-relations manager of CompuServe, the most widely used computer CB online network in the nation, is genuinely proud that his company offers this service. "The people on CB are incredibly interesting," he says. "They're not just technical experts and computer geniuses. But these are also everyday people who have discovered the human touch dimension to what they used to consider cold, impersonal computers."

Although people from all walks of life share the CB bands, CompuServe has gone one step further and designated channels for special interest groups. Channel 17, for instance, is the teen channel; channel 1 is targeted for adults; and channel 15 is for Spanish-speaking users.

Do some people occasionally misuse the system? Certainly. But if someone attempts to fill the screen with language in bad taste, he or she will be reported to CompuServe and removed from the program at once.

Although computerized CB is one of the new kids on the block in terms of high-tech communication (the first transmission was in 1980), you don't have to mortgage the house to get started. You can purchase a computer, with phone modem, for less than $300. And as the instructions tell you, even a child can operate it.

There is much more to say about this fascinating medium. But right now I must log on to the CB channel. I've got a couple of things I'd like to say to Joe, Mary, and Norman about this election.



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A COLORFUL SOUTHERN CALIFORNIA CIRCUS

Color, clean air, and carousels are just a few of the curiosities in slightly daffy Santa Monica.

by Frederic Rosen

The first time I saw Santa Monica, it was late at night. I could hear the Pacific pounding somewhere out there in the darkness and smell the salt air. The bus had let me off on Second Street, and all around me were palm trees fronting neat, one-family homes and small apartment houses. To a Brooklynite used to narrow streets and large, uninviting brick edifices, Santa Monica was an exotic, open place.

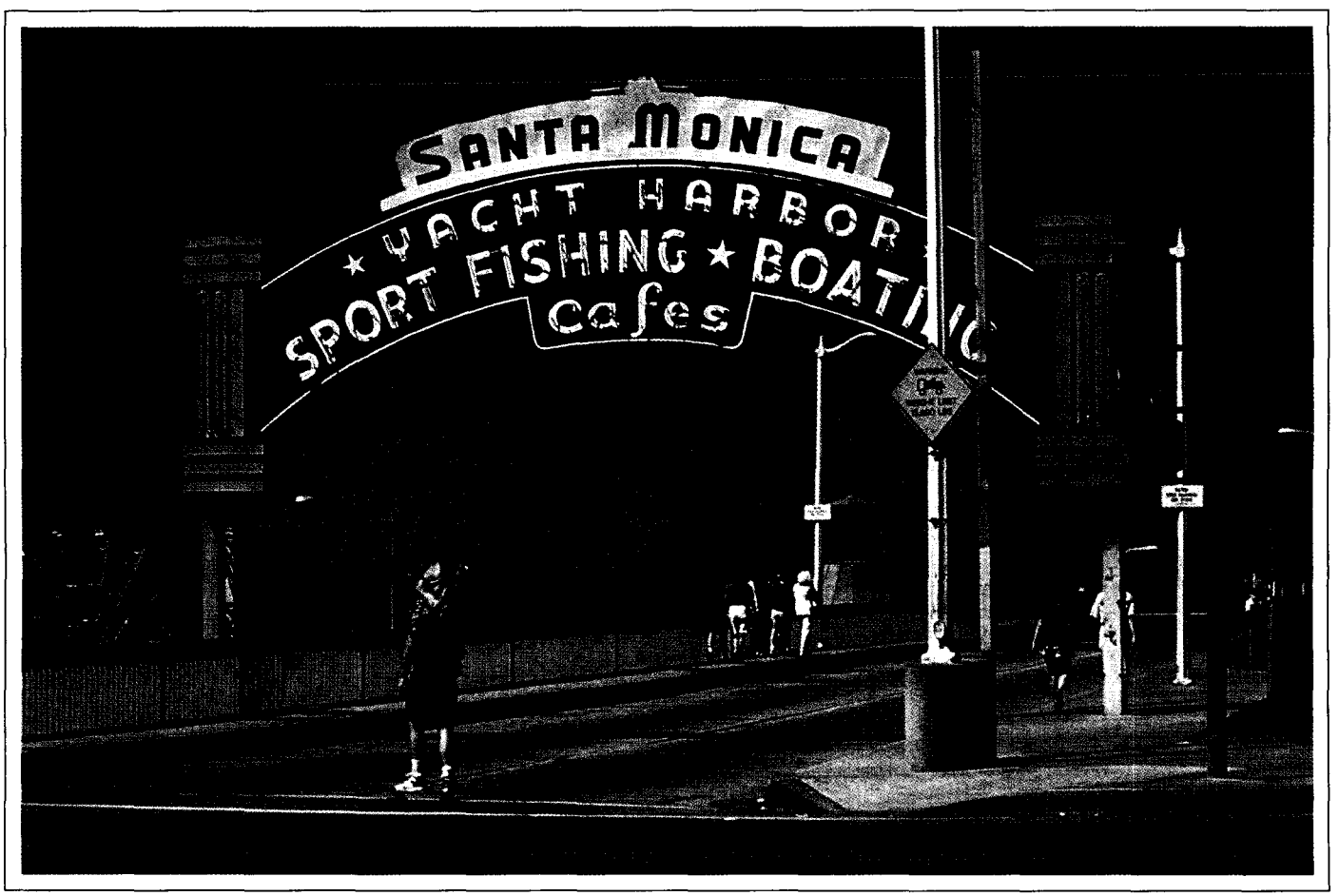
I lived in many places in the Los Angeles area as I attended the University of Southern California. But Santa Monica was always my favorite.

After I graduated, circumstances led me back to New York. But I dreamed about the freeway that led into that seaside town, how I'd leave crowded New York behind and head for the sunny beaches and sleepy green town that was Santa Monica.

Suddenly, it was ten years later, and I was on assignment to write this piece. I was staying in the Hotel Shangri La, which I used to pass in my first car, a '60 Delta 88 I bought from a little old lady in Westwood. It had a license plate of "JNK 088," which my classmates fondly referred to as Junko 88. This time, I was driving a Chrysler New Yorker rented from Avis, and I didn't have to wonder what it was like inside the hotel. I stayed there, in Art Deco splendor.

I felt like the prodigal son who'd made good as I tied on my running shoes in my suite. Across the street, I took a leisurely run in Palisades Park, which stretches for miles along Ocean Avenue. The park is filled with tall palm trees and other semitropical flora and fauna found all over Southern California.

I've never forgotten how the view from the top of the park looked as I'd descend in Junko 88 to the Coast Highway at dusk. In the distance were the arching green and white cliffs of the Pacific Palisades and



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Malibu, the lights of those posh communities winking on against the blood red backdrop of the setting sun. And the view was just as good from a 1988 Chrysler.

Much of my nostalgia dissipated with the sunrise, when I discovered Santa Monica really had changed since I was last there. Gone were the whitewashed, romantically rundown streets, replaced by pastel-colored shops and art galleries, successfully designed to attract tourist dollars. The restaurants reflected this change —everything from the American Diner done up in '50s style to the elegant Michael's, a five-star restaurant where the *nouvelle cuisine* and the Jasper Johns artwork are actually worth the high prices.

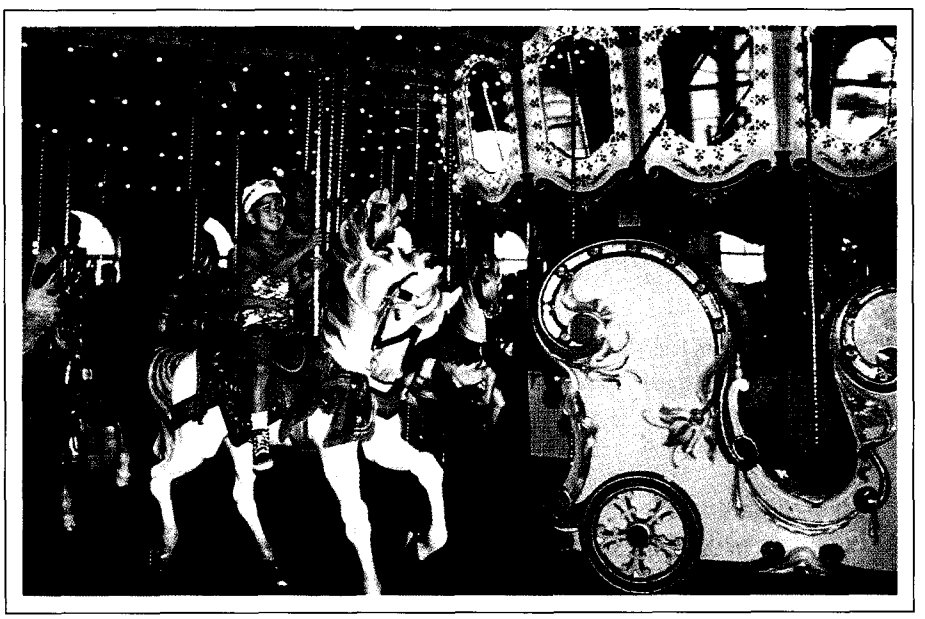
The town is also committed to public displays of art—especially evident in publicly commissioned murals lining both sides of the underpass at 4th Street on Ocean Park Boulevard. [See article on following page.] On one side is Daniel Alonzo's mural of lifesize whales and dolphins cavorting in the sea. Across the street is David Gordon's turn-of-the-century style mural of magical horses breaking free of the Santa Monica Carousel and galloping along the town's blond beaches.

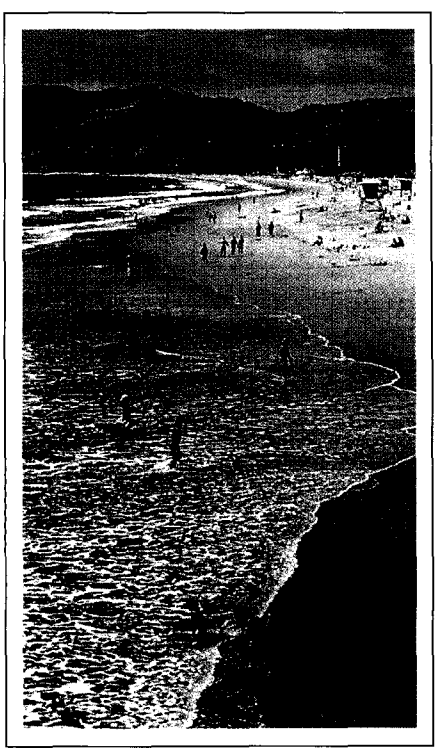
The carousel just referred to is part of the Santa Monica Pier, long the community's most famous tourist attraction. There are rides for kids, highlighted by the famous carousel and its handcrafted horses.

But perhaps the real attraction is the diverse group that comes to the pier. The day I was there, I saw a man whose body had been tattooed by a cockeyed tattoo artist; men in business suits on their lunch hours; workers restoring the part of the pier that washed out to sea during a storm in 1983; and a *very* pregnant girl who was sitting in the shadow of the carousel and holding a sign that said: "My boyfriend left me. I need $118 for coach fare back home to Boston."

During my visit, I had been introduced to a charming, intelligent woman, which was how I wound up on the Santa Monica Freeway on my last day in town to have dinner with a woman I barely knew, yet felt like I'd been with forever. Maybe Santa Monica's warmth made me into a romantic fool, or maybe it was just the reality that someone as nice as Franny could exist. Whatever.

Driving along on the freeway, I had a feeling that Santa Monica was going to be seeing a lot more of me.





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The Murals of Venice and Santa Monica

Nowhere is the spirit of Santa Monica and its neighbor, Venice, more evident than in the murals adorning their walls. Both seaside cities house major art colonies, and the numerous galleries and studios make them important centers for contemporary art.

The region's freewheeling, individualistic lifestyle has long been a magnet for painters and sculptors. Over the years, as more and more artists made their homes here, they began decorating the twin towns with their art. The product of this creative energy lives along street corners and alleyways, on storefronts and roadways.

Crowded with contemporary and historic images, these outdoor murals express the inner life of the city. Some are officially commissioned and appear on the major thoroughfares; others represent guerrilla art and are found in out-of-the-way spots.

Murals adorn nooks and crannies all over Venice. You'll find a cluster of them around Windward Avenue between Main Street and Ocean Front Walk. The interior of the Post Office (Main Street and Windward Avenue) is adorned with public art. There's a *trompe l'oeil* mural nearby that beautifully reflects the street (Windward Avenue) along which you are gazing. The Venice Pavilion down the street near the beach features a brilliant parody of Botticelli's "Venus Rising from the Foam," depicting the goddess of love on roller skates.

At last count Santa Monica boasted about two dozen outdoor murals. Route 1, or Lincoln Boulevard, is a corridor decorated with local artworks. John Muir Woods (Lincoln and Ocean Park boulevards) portrays a redwood forest. Early Ocean Park and Venice Scenes (two blocks west of Lincoln Boulevard along Kensington Road in Joslyn Park) captures the seaside at the turn of the century. Nearby Marine Park (Marine and Frederick streets) features Birthday Party, with a Noah's Ark full of celebratory animals, and Underwater Mural, which pictures the world of the deep.

Ocean Park Boulevard is another locus of creativity. At its intersection with the 4th Street underpass you'll encounter the Whale Mural, illustrating whales and other underwater life common to California waters, and Unbridled, which pictures a herd of horses fleeing from the Santa Monica Pier carousel. One of the area's most famous murals awaits you at Ocean Park Boulevard and Main Street, where Early Ocean Park vividly re-creates scenes from the past.

—*From* Hidden Coast of California, *© 1988 by Ray Riegert. Reprinted by permission of the author.*

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Oh, may all who come behind us
find us faithful,
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light their way;
May the footprints that we leave
Lead them to believe,
And the lives we live
inspire them to obey
Oh, may all who come behind us
*find us faithful.**

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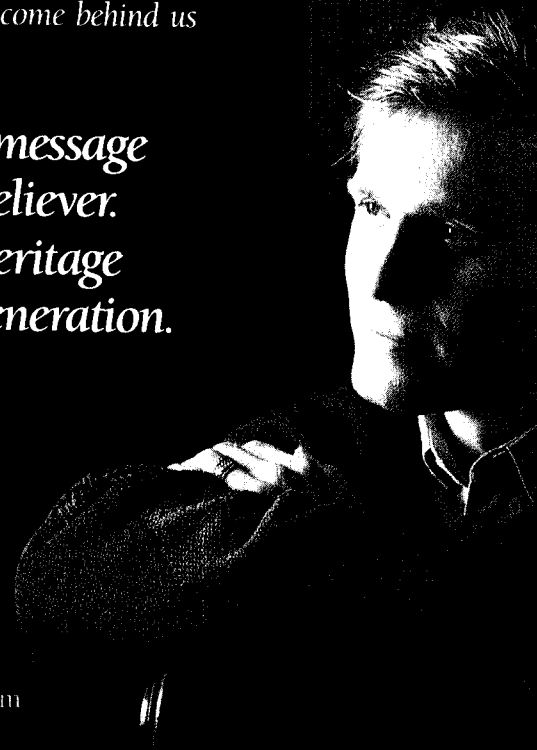

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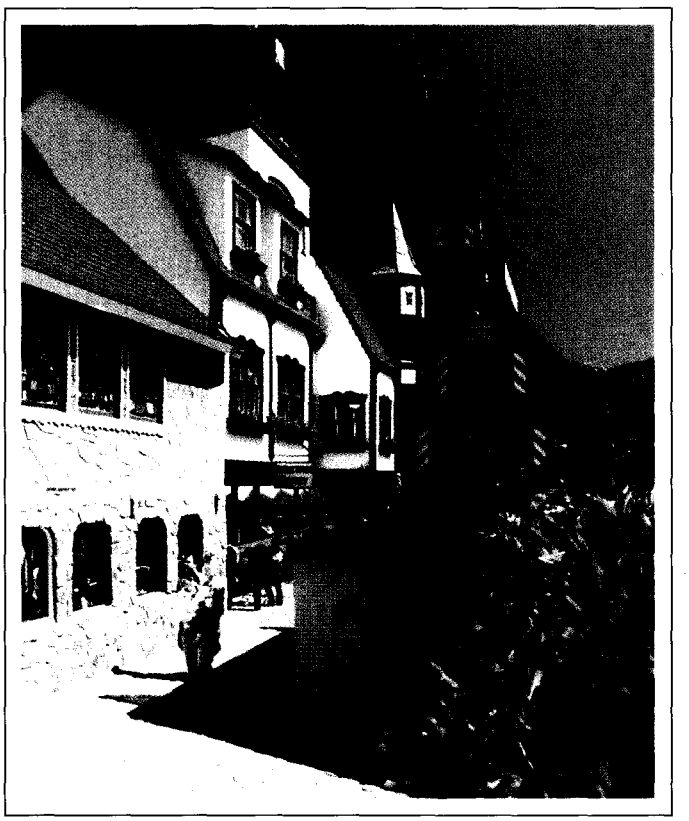
HELEN, GEORGIA: THE GERMANS ARE COMING

Can't get to the Old World? No biggie, the 300 citizens of Helen say. They've brought the Old World here.

by Sam Mills



It's not easy to describe a Bavarian village in the midst of the piny Georgia highlands. But after due consideration, a couple of rough equivalents do come to mind.

Imagine a Bavarian pavilion at Epcot Center transported to the hill country 85 miles north of Atlanta. That's Helen. Or remember the mythical medieval town in *Brigadoon*, which appeared only one day every 100 years and then vanished into a time warp? Well, the sudden appearance of bell-towered Helen in the cow pasture back-country of rural Georgia has the same fantastical quality.

Such comparisons are useful in getting a handle on the incongruity of Helen, Georgia (population 300), sitting behind its gingerbread scrollwork along the banks of the Chattahoochee River, deep in the North Georgia mountains.

The town is made up of nearly 150 shops, most featuring Bavarian crafts and food, purveyed by clerks and waitresses in lederhosen and dirndl dresses. Swiss and German pennants hang from the storefront flagstaffs. Glockenspiel chimes ring out the hour. Gargoyles look down on shoppers from scalloped eaves. Hummel figurines watch from the windows—above Visa and MasterCard decals. The smells of hot strudel and Wiener schnitzel tempt you at a dozen doorways. And beneath all is a soundtrack of German polkas and *volkslieder*, piped from hidden speakers. Seldom is German spoken—save when a diner stumbles over a menu with a soft, Southern drawl.

German or not, Helen celebrates more German holidays than there are points on an Iron Cross. This month's Oktoberfest (September 2-October 22) is perhaps the quintessential German holiday. Some 100,000 *volks* are expected for the eight-week event celebrating German food, music, drink, and crafts.

There's also a "German Mardi Gras" in January-February, an Alpine Volksmarch in April, a Passion Play at Easter, and a German Mayfest to *willkommen* the spring. Even the Christmas-tree lighting features Santa Claus in a Tyroler hat.

Der tourist is nothing new to Helen. The area has long been a postcard destination of sorts. Hernando De Soto was one of the first Europeans to visit. But when he passed through in 1541, Cherokee and Chickasaw Indians had been living in the area for centuries. Many Indian burial mounds can still be seen around Helen—especially along the Etowah River valley. The huge Nachoochee Mound, two miles south of Helen, contains 75 bodies, buried at different strata and, inexplicably, in different positions.

In 1828, the gold De Soto had been seeking was discovered near Helen by Benjamin Parks, and the first American gold rush was on. Thousands of miners flocked to the area, and more than $6 million was taken out of the ground during the next 20 years—before the prospectors pushed on to California when gold was discovered in 1848 at Sutter's Mill.

In 1912, railroad tycoon Henry C. Bagley came to the area and discovered great stands of virgin timber. Bagley named the little logging town he founded Helen, in honor of his daughter. A sizable boom town sprang up in the wake of the flourishing lumber operation. But in time, the timber was gone—like the Indians before it, who were forcibly relocated in 1838 to Oklahoma on the infamous Trail of Tears—and Bagley pulled out, lock, stock, and sawmill.

Helen was on her deathbed in 1968 when several townsfolk had an inspiration—the unlikely idea of creating an Alpine Bavarian village in concrete-block Helen. They contacted a local artist, John Kollock, who had visited Bavaria, and asked him to submit a series of sketches. On the strength of Kollock's sketches, the idea was well-received by the merchants, and, in January 1969, the

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transformation of Helen began.

The power company put the power lines underground, and the phone company built Bavarian-style phone booths. River rocks were taken from the Chattahoochee to make cobblestone sidewalks and culs-de-sac. By 1970, Helen was reborn.

And, against all odds, it worked! Northbound Atlantans, en route to the ski slopes and the national forest, were short-stopped—some 3.5 million per year.

So perhaps the most apropos analogy of all for Helen is the phoenix, the wondrous bird of Greek mythology that lived 500 years, went up in flames, and then was reborn out of its own ashes.

• • •

There is a certain *Sound of Music*, backlot artificiality to the whole thing, no matter how well-done, and the more jaded traveler may find himself quickly tiring of it. Fortunately, should you soon tire of "Tyrolling," there's a wealth of more indigenous things to occupy your time while visiting Georgia.

Just north of town is Unicoi State Park, a showplace for the state park service. Its proximity to both Helen and the 750,000-acre Chattahoochee National Forest to the north makes it a jumping-off point for everything from deer-hunting to antiquing.

Postcard-favorite Anna Ruby Falls is in the Chattahoochee forest near Helen, as is the vast Cohutta Wilderness Area. The Chattahoochee has white-water rafting on the Chattooga River. (On Section III of the river, you'll float the same locations as in the movie *Deliverance*.) And the southern terminus of the Appalachian Trail is at nearby Springer Mountain.

There's also a gold rush still on—encouraged by not only the "tourons," but also the professional prospectors, who still take a living out of area rivers.

What else can the more adventurous traveler do? Try Indian Days, a celebration of Cherokee customs and folkways, bluegrass festivals (Dahlonega), and wine vineyards (Habersham). Enjoy hot-air ballooning and trout fishing—including May's Trout Festival and Seminar. See a biathlon through the mountains and a balloon race to the Atlantic. You can even participate in a canoe race down the Chattahoochee to Atlanta. There are woodcarving "whittles" and clogging festivals. You might even stop off at Babyland General Hospital in nearby Cleveland for a look at the Cabbage Patch Kids doll factory. Then go north, to Rabon County, where the masterful mountain crafts and folkways were made famous by the bestselling *Foxfire* series of books. Save Rabon Gap for last, for a palate-cleansing contrast and for a look at the *real* North Georgia mountains.

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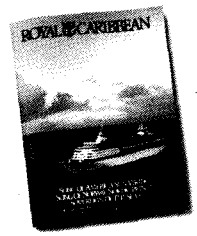

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Our Healthy Veep

continued from page 49

"I'm not enough of a teacher to know when you start teaching, but I know from my own grandchildren that you can sit children down and tell them that there's a time in life for this and there's a time in life for that and that premarital sex or unsafe sex is wrong.

"I'm not one, frankly, who thinks you ought to give clean needles and give out condoms as the answer only. I mean, I think that's wrong. I'm embarrassed.

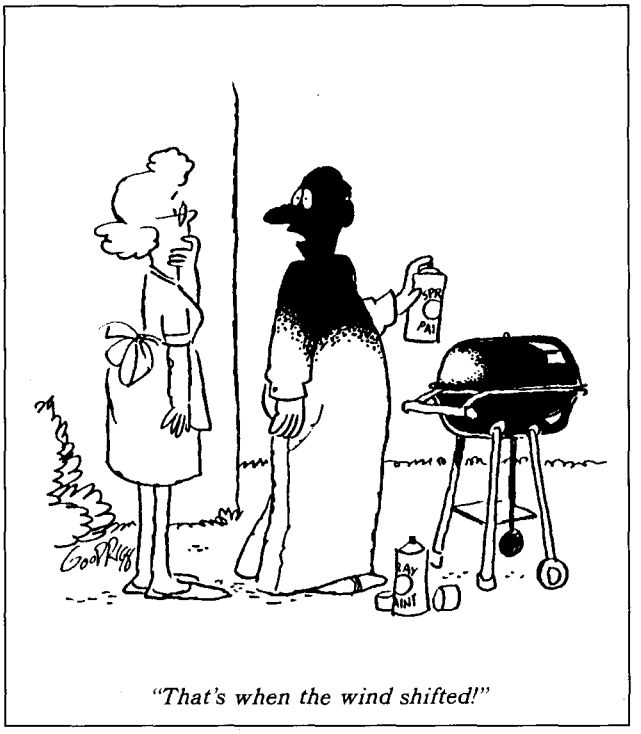
"I just gave a graduation speech. Now the kids think they ought to run the high schools these days. I'm one who believes that the high school should be run by the school board and parents and you should have your fair share of student input on the student councils, but if a principal needs firing because he's not doing his job, it should not be the students. And what curriculum you have should be picked by mature adults in the community, not by the students. I think we've let things get out of hand.

"I just read that a minority of students and staff for universities changed the curriculum of the school. I'm not one that thinks that's right. I'm one who thinks that your majority rules. I'm one who thinks that everybody should have an input. But truthfully, until you graduate from high school at least, and maybe college, adults should run your life."

At this moment, the Vice President arrived. He gave Barbara an affectionate welcoming kiss and gave the happy English spaniel in her lap a pat. He made some endearing compliments about the pretty-as-a-picture girl and her dog. Barbara did look more beautiful than I have ever seen her. She was wearing a bright blue and white polka-dotted dress that made her white hair radiant. A bountiful bouquet of red roses almost too perfect to be believable graced the coffee table.

After some small talk about Indianapolis and the last time we had met, the Vice President told us he was going to work upstairs. "Gosh, don't look at the mess up there. I haven't gotten it sorted out yet," cautioned Barbara as he left. "I just got home last night, and I am struggling to get out from underneath the weeds in my bedroom," she added.

Millie, the affectionate English spaniel, had obviously missed her mistress—Barbara had been petting her throughout the interview and now she asked her, "Would you like to go with father?" Millie preferred Barbara's lap. "She is a huntress. She always brought us birds on the farm, and we'd yell at her. Her mouth's so soft she drops them, but they didn't always scamper off as fast as we'd like. But she's given that up now. She's brought me a possum, though, and she caught a chipmunk the other day, which just appalled me."



"That's when the wind shifted!"

The lovely and well-managed home of the Vice President is the old navy "Admiralty." Barbara Bush doesn't worry about the awesome job of taking charge as first lady of the White House should that become her lot.

"One reason I don't worry about it is that anybody who follows Nancy Reagan—all they have to say to the household staff is, 'Ditto.' You know, I've just been there for lunch today. She has the best food, the prettiest flowers. I never saw such a perfect meal as she had today. I sat next to Libby Dole at lunch, and I said, 'Whoever follows, all she has to say is, "Ditto." ' Because Nancy runs the tightest ship and she puts her heart and soul into it. Every detail's important to her. Every detail in life is not that important to me. I want things to look beautiful and want my house here to look beautiful, but I believe if you put it in good hands and do the best you can, and if it isn't quite right at the beginning, you can try to do better next time but not worry about it. I'm not a worrier.

"Nancy's done a fabulous job at the White House. The plumbing works, the electricity works—she gets no credit for that, but all of that money they talked about, more than half of it, went to practical changes in the White House. The plumbing didn't work, the walls leaked, so she's taken care of all those little problems, as I've had this house painted and Joan Mondale had a new roof put on. The next person will collect money and get new chandeliers. We bought all this furniture. It stays. And the next person can recover it. But we bought all these lovely things, and I hope she'll put her mind to changing the pictures, because I picked these, and maybe getting lovely crystal chandeliers which were in this house originally and which were beautiful. But that's up to her."

Marvin Bush: Number Four Son

In our search to learn more about the Vice President and how he maintains his stamina for a fast-paced life, we asked his fourth son, Marvin, how he views his father's fitness program.

"He's got an incredible amount of energy," says the youngest Bush son. "He's probably one of the healthiest 64-year-olds that I've ever met. A lot of it has to do with his exercise routine. Even with his busy schedule he manages to exercise virtually every day, whether it's walking or riding or [using the] stationary bike. He'd much prefer getting out and participating in some sort of competitive sporting endeavor, of course, but he can't always do that on the road."

When traveling, the Vice President employs a useful stratagem to avoid

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the hours of inaction, Marvin says. "A lot of candidates spend their time in their hotel room trying to regroup; he regroups on the airplane, where he has a chance to talk to people and get their advice." When he lands he goes out for exercise. "It energizes him," Marvin Bush says. "It makes him feel good.

"A lot of people are curious about his energy level. I'd say it's partially due to the fact that he gets the proper amount of sleep. He's early to bed and early to rise. As long as I've known him, he's always gotten up at six in the morning or earlier. But he's also proud of the fact that he's typically the first one in the house to get to bed.

"As far as his eating habits, I wish I could tell you that he eats a lot of fiber and fruit and all that. I'm sure he does, but having spent a great deal of time in Texas, he also manages to sneak in some Texas delights. You know, Mexican food and barbecue. Not exactly Pritikin."

Marvin told me he was proud that his mother had referred to him in a recent interview as the one Bush who would probably not get into politics. "A lot of my friends say, 'Well, gosh, wouldn't it be great if your dad was President?' " He said, "Well, my first concern is his health. If he's President that would be nice, you know, but at the same time I'm more concerned that he continues to stay healthy the way he and Mom both have."

Marvin's concern with health may be sparked by his own recent health crisis. Two and a half years ago he developed severe ulcerative colitis, spent six weeks at the hospital in Georgetown, and had his entire colon removed in two separate operations.

"Did you have feelings of 'why me?' as you lay there in the hospital bed after your surgery?" I asked.

"Yes, particularly in the more painful moments, I was thinking, *Why me?* but when I got out of the surgery period and began to get off the drugs, I started to realize that I'm going to be in good shape. I thought how lucky that the medical technology has gotten to a point where they could save my life, and I came to view what's hanging around my waist as a positive thing. It reminds me daily that I could easily have died, so it makes me feel pretty good.

"Every day is pretty much of a bonus. We had been in the process of an adoption for quite a while and our baby arrived just one month after my surgery, so I didn't have a whole lot of time to think about 'why me?' Being a parent was a new experience for us, and two years later everything is great.

"I went for 29 years of my life thinking I was indestructible, and now I know you should do the best you can while you are here because you're not indestructible.

"My surgery took place in Georgetown University, which is a Catholic-run school, and at the hospital they would send the clergy in every day. At first, I'll be frank with you, it scared me to death to see a guy with a collar on come in every day. I thought, *Oh, my gosh, maybe this is more serious than anyone is telling me. Last rites.* He kept asking me if there was anything that I wanted to talk about and I said not particularly, but I really found that I did think a lot about religion and the foundation that I have.

"My parents would come in and see me every single day. They would emphasize that someone aside from the family was watching over me, and I believe that. I really do, because I prayed every day that I would get better and I did.

"Since then, I've been pretty actively involved in going to the United Ostomy Association convention down in New Orleans. They have a support group there that helps people on the verge of having this operation deal with the problem in a number of different ways. I realize I can be helpful. We all make a point of trying not to utilize who our father is, or use the name or whatever, but if it's for something like this and if it can make patients feel better about themselves and help them cope with something that can be quite traumatic for some, then, hey, I'm going to use the name all day long and I don't even care about it, to be honest with you. You know, it's a great opportunity.

"I never realized it made that big a difference until I started going out speaking to groups, and it really is amazing. After a colostomy, some people hide in their houses for years without coming out—thinking that

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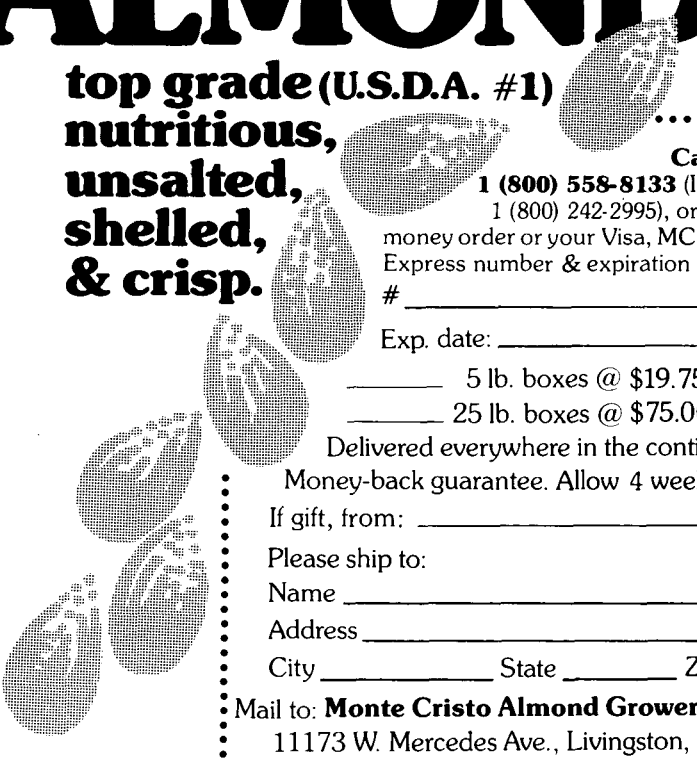

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they're so unappealing or unattractive to others. I can show them that it doesn't matter at all.

"Ulcerative colitis is such a crummy disease. It's unfair. It's a painful disease. It's unpredictable. People have a tendency to say, 'Hey, Marvin, you must have been real nervous about things to get it.'

" 'That wasn't it,' I tell them.

"Then they say, 'You must have eaten a lot of that spicy food.'

"I say, 'It doesn't have anything to do with that either.' "

We asked Marvin how the health crisis changed his attitude toward life.

"I think that people who have these near-fatal accidents or bouts with one thing or another, you typically hear them say, 'It's made me appreciate life more.' And I really do appreciate certain simple things more. Like this afternoon, my wife Margaret is going to a class she's taking, and I can't wait to go home because I'll have an opportunity to spend a lot of time with my little 'Midget,' my little girl, so I'm looking forward to that."

"You called her 'Midget.' Is her name Margaret too?" I asked.

"No, her name is rather unique; her name is Marshall."

"Would that be a family name?" I asked.

"Well, it is someone else's family. She is named after my wife's best friend," Marvin said.

We asked Marvin about his involvement with his father's campaign.

"I don't have any aspiration to get involved in politics myself, but you know, I really have been very fortunate, as have all my siblings, to be able to get out and participate in this campaign. It's rare when you're the son of somebody or the daughter of somebody to be able to really feel like you have an opportunity to give something back to your parents and to say 'thank you' in some certain way. For us it's been this opportunity. The greatest thing that you can possibly have is this sense—and I'm sure the Dukakis children have it—the ability to say, 'Maybe in our own small ways, we've been able to help you some.' So I've been actively involved in the campaign and have enjoyed it tremendously—traveling around the country as a surrogate speaker for my father.

"I think as you do this article and you get to know my family a little better, you'll get a great feeling for the amount of cohesion that exists in our family, and I think that there's a tremendous sense of loyalty to each other. I can't help but think that George and Barbara Bush would be great examples for families across this country. I feel and have felt all along that they always prioritize things correctly. They place a great amount of emphasis on the three F's. You know, 'Faith, Family, and Friendship,' and you know, without those three elements in your life, you can be awfully lonely or you might turn to some things that you shouldn't.

"For my parents—it hadn't always been a straight line north for them as far as good news. They've had some things happen in their lives where they've needed to lean in the direction of all three of those F's. . . ."

"Your little sister?" I asked.

"Actually, she would have been my older sister. I keep thinking of her as frozen in time at 3½ years of age, so in a way she is little to me because I never knew her and she died as a little girl. But you know, now that I have a daughter, a 2-year-old daughter, I am just beginning to understand what kind of pain my parents must have gone through. I can't imagine my little girl suffering that way, and I must confess to you that when I was a younger guy I always thought well, my parents really couldn't have known her that well, you know. They only knew her for 3½ years. They couldn't have known her that well, so it couldn't have been too tough on them. Well, my daughter's half that age right now and I don't remember life before her, so I can't imagine what they went through. But I know what carried them through that period were the things that I mentioned to you. The support of their faith, their family, and their friends—and it certainly wasn't easy. But it was a lot easier for someone who had those beliefs and those priorities than someone else who was all alone through something like that."

"And their marriage grew stronger?" I asked.

"It did. All of our family are very close, but Margaret, my wife, and I have been very fortunate to have lived in this area for the last seven years during the time my parents have been here, so we've had an opportunity to spend a lot of time with them. They were with us every step of the way when we were in the process of adopting our child, and then when I had my surgery—I think that brings people closer together too, something like that, when I had my colon removed from my body and they thought they could lose me. I can't help but think that while my mother was with me during that period she might have had some flashbacks to 25 years ago when she was with my sister.

"Let's have a look-see at the back and—hey—what the.... Now, ain't that *the darnedest thing!"*

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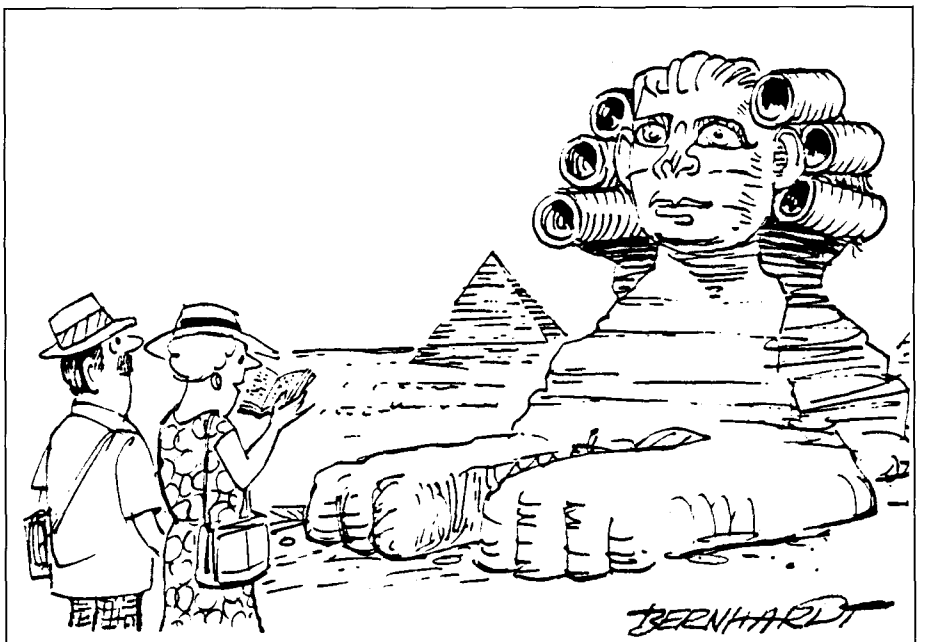

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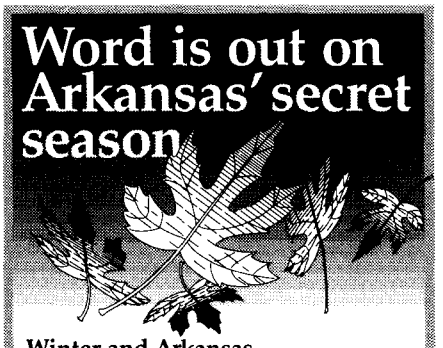

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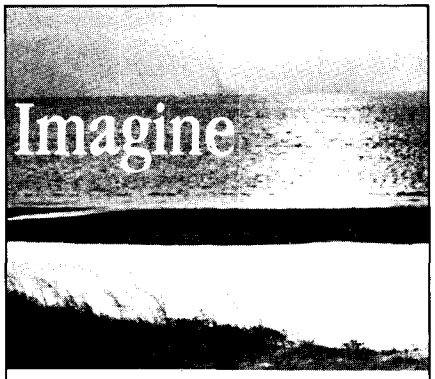

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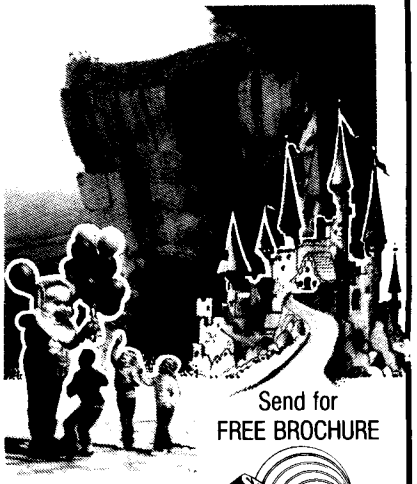

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BOOTY FOR A BADMAN

He had a beautiful woman and a fortune in gold with him when the outlaws made their move.

by Louis L'Amour

Illustrated by Fred Otnes

Synopsis: *Tell Sackett knew that the last two men who rode out of the mining camp carrying gold were found dead alongside the trail. But when Bill Squires offered him $100 to carry 50 pounds of gold to Hardyville, Tell had little choice; he was out of both food and money. Sackett was expecting trouble from the Cooper clan—they were notorious murderers, especially when such a large sum of money was at stake. What Tell didn't expect, however, was having a refined, attractive traveling companion by the name of Christine Mallory join him along the trail. Young Mrs. Mallory was making her way back east because she could no longer endure the rigors and hardships of being an army officer's wife in wilderness territory. Now Tell faced the dangerous and difficult task of getting himself, the gold, and the spoiled Christine Mallory past the Coopers and safely to Hardyville.*

Conclusion: It was way shy of first light when I opened my eyes, and it'd taken me only a minute or two to throw the saddles on those broncs. Then I fixed that pack saddle for her to ride. My outfit was skimpy, so it wasn't much extra weight, carrying her.

When I had coffee going, I stirred her awake with a touch on the shoulder, and her eyes flared open and she was like to scream when she saw me, not that I'd blame her. In my sock feet I stand six-three, and I run to shoulders and hands, with high cheekbones and a wedge face that sun had made dark as any Indian. With no shave and little sleep I must have looked a frightening thing.

"You better eat a little," I said. "You got five minutes."

We rode out of there with the stars still in the sky, and I was pleasant over seeing no fire over yonder where it had been the night before.

It was just shy of noon, with the sun hot in the sky, when we crossed a low saddle and started out across a plain dotted with Joshua trees—named by the Mormons who thought they looked like Joshua lifting his arms to Heaven.

• • •

We came down across that country, and there had been no dust in the sky all morning, but of a sudden four men rode up out of a draw, and it was the Coopers. Their description had been talked around enough.

"Howdy, Coopers! You hunting something?"

They looked at Christine Mallory and then at me. "We're looking for you," one said, "and that gold, but we'll take the lady, too, sort of a bonus, like."

Like I said, when you've quit running, you can talk or you can fight, and times like this I run long on talk.

"You'll take nothing," I said. "You are talking to Tell Sackett—William Tell Sackett, to be exact, as my pa favored William Tell in his thinking. We Sacketts hail from the Cumberland Gap in Tennessee, and Pa always taught us never to give up nothing without a fight. Specially money or a woman.

"Now," I continued on before they could interrupt, "back to home, folks used to say I wasn't much for fiddling or singing, and my feet was too big for dancing, but along come fighting time, I'd be around.

"Couple of you boys are wearing brass buttons. I figure a .44 plug would drive one of those buttons so deep into your belly a doc would have to get a search warrant to find it."

My horse was stepping around kind of uneasy-like, and I was making a show of holding him in.

"Anyway," I said, "this here is General James Whitfield Mallory's wife, and if you so much as lay a hand to her, this territory wouldn't be big enough to hold you. He's the kind to turn out the whole frontier army just to hunt you."

My horse gave a quick side step about then, and when he swung his left side to them, I used the moment to fetch out my gun, and when the roan stopped sidestepping, I had that big Colt looking at them.

Pa, he set me to practicing getting a gun out as soon as the end of my holster quit cutting a furrow in the ground when I walked. Pa said to me, "Son, you ever need that gun, you'll need it in your fist, not in no holster."

They were surprised when they saw

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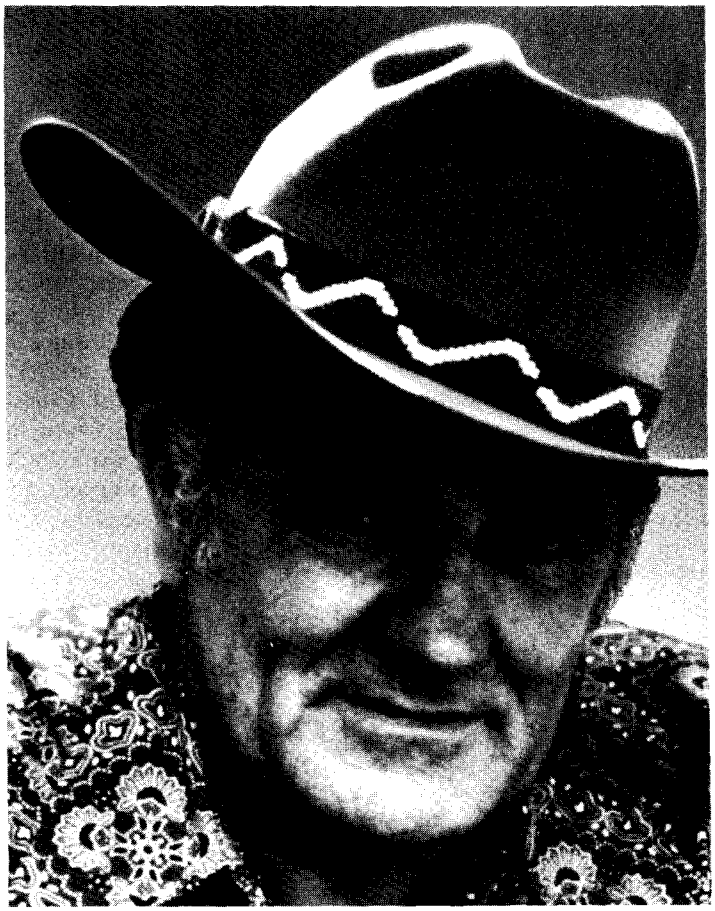

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that gun staring them down, and this George Cooper was mad clean through. "That ain't going to cut no ice," he said. "We want you, we'll take you."

"One thing about this country," I said, "a man's got a right to his opinion. Case like this here, if you're wrong, you don't get a chance to try it over. Any time you want to give it a try," I said, "you just unlimber and have at it."

Nobody had anything to say, none of those Coopers looking anything but mad right about then, so I kept on, figuring when we were talking we weren't fighting.

"I got me a bet, Coopers; I got me a bet says I can kill three of you before you clear leather—and that last man better make it a quick shot or I'll make it four."

"You talk a good fight," George Cooper said.

"You can call my hand. You got the right. One thing I promise, if I don't kill you dead with my first shots, I'll leave you lay for the buzzards and the sun."

Those Coopers didn't like it much, but my roan was standing rock still now that I'd quit nudging him with my spur, and at that range a man wasn't likely to miss very often. And it's a fact that nobody wants to die very much.

"If she's Mallory's wife, what's she doing with you?"

"She was headed for Whipple," I said, "and she turned sick, and the doc said she should go back to Ehrenberg. They asked me to take her there. Served with the general during the war," I added. "He knows me well."

"I never heard of no General Mallory," George Cooper said.

"You never heard of *General James Whitfield Mallory*?" By now I believed in him my own self. "He was aide to General Grant! Same class at the Point with Phil Sheridan and Jeb Stuart. Fact is, they are talking of making him governor of the territory just to wipe out outlaws and such.

"Begging the lady's pardon, but he's noted for being a mighty mean man—strict. And smart? He's slicker than a black snake on a wet-clay sidehill. About the last thing you want to do is to get him riled.

"Lady here was telling me if he is made territorial governor he plans to recruit a special police force from among the Apache. He figures if those Apaches hate white men they might as well turn it to use tracking down outlaws—and he doesn't say anything about them bringing anybody back."

"That's not human!" George Cooper protested.

"That's the general for you. He's that kind." Now that trusty Colt had stayed right there in my fist, and so I said, "Now, we'll ride on."

Motioning her on ahead, I rode after her, but believe me, I sat sidewise in my saddle with that Colt ready for a quick shot. The last I could see they were still asetting there, arguing.

Most talking I'd done since leaving Tennessee, and the most lying I'd done since who flung the chunk.

• • •

We fetched up to Hardyville about sundown on the second day, and the first person I saw when we rode up to the store was Bill Squires.

"Bill," I said, "the Coopers were ahunting me. Only way they could have known I had that gold was if you told them. Somebody had to ride out to tell them, and somebody would want to be on hand to divvy up.

"Now," I said, "if you want to call me a liar, I'll take this lady inside and I'll come right back. But you hear this: they didn't get one speck of this gold, and neither are you."

"I panned my share of that gold!" He was looking mighty bleak.

"So you did, but yours wasn't enough; you had to try for all of it. A month or so back Jack Walker left camp and was dry-gulched. I plan to send your gold to his widow and family, and you can save your objections to that until I come out."

So I went inside with Christine Mallory, and there were two or three fresh Army officers right off the boat waiting to go to Fort Whipple.

"My husband is not a general," she said then, "and his name is Robert Mallory."

"I know that, Mrs. Mallory. Your husband is Second Lieutenant Robert Mallory, and he's greener than meadow grass. Month or so back he came out and ordered me to get my horse off the parade ground at Whipple. Mighty stiff-necked he was too.

"Ma'am, you haven't got you a man there, you've got a boy, but a boy sound in wind and limb; two or three years on the frontier will give you a man you can be proud of. But if you run off now the chances are he will resign his commission and run after you, and you'll have a boy for a husband as long as you live.

"You stay with him, you hear? You ain't much account either, but give you seasoning and you will be. Fact is, if you'd been a woman back there on that trail I might have been less the gentleman, but you haven't grown up to a man yet."

She had the prettiest blue eyes you ever saw, and she looked straight at me. She was mad, but she was honest, and behind those blue eyes she had a grain of sense.

"You may be right," she admitted, "although I'd rather slap your face than agree. After what I have been through these past few days, that dirt floor would look very good indeed."

"Ma'am, when my time comes to marry, I hope I find a woman as pretty as you—and with as much backbone."

Leaving her talking to those of-

continued on page 86

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HEARTBEAT

The Healthy Heart Report

THE DIABETES HEART DISEASE CONNECTION

More adult diabetics die from heart attacks than from any other complication—but this doesn't have to be.

by Diana Benzaia

Illustrated by Marcus Hamilton

The third-leading cause of death in America—a disease that afflicts more than 11 million of us—is diabetes, and coronary heart disease is the most common cause of death in adult diabetics! The American Diabetes Association reports that those with diabetes are two to four times more likely to have heart disease than nondiabetics are.

Clearly, there's a serious link between diabetes and heart disease. But the good news is that the link can often be avoided or weakened, because the most common type of diabetes is often preventable or controllable. And the primary key to prevention is in *your* hands every time you sit down to eat.

If you're heading for, or already are, 40 and overweight—and especially if others in your family have fallen victim to the disease—you are at significant risk of developing diabetes. If you already have the disease, you need to know about recent research which shows that you have to control more than just blood sugar to weaken the diabetes-heart disease connection.

Understanding Diabetes

When diabetes occurs, the body does not use sugars and starches properly. Normally, many foods you eat are changed during the digestive process and enter your bloodstream as glucose. Then, a hormone called insulin, produced by your pancreas, acts on the glucose—which is then used right away for energy or stored by the body for use later on. However, in a person with diabetes, the body may not produce enough insulin—or does not properly use the insulin it has. So too much glucose accumulates in the blood and urine.

What's the result? Well, it sounds simple. Your body must use fats and proteins, instead of glucose, to get the energy you need. So one of the early symptoms of diabetes may be unexplained weight loss. But that's just the beginning. Diabetes sets off a chain of events in your body as excess sugar courses through your blood vessels, causing damage wherever it goes. In addition, people with diabetes often have other problems, including abnormalities in cholesterol and blood pressure, as well as being overweight.

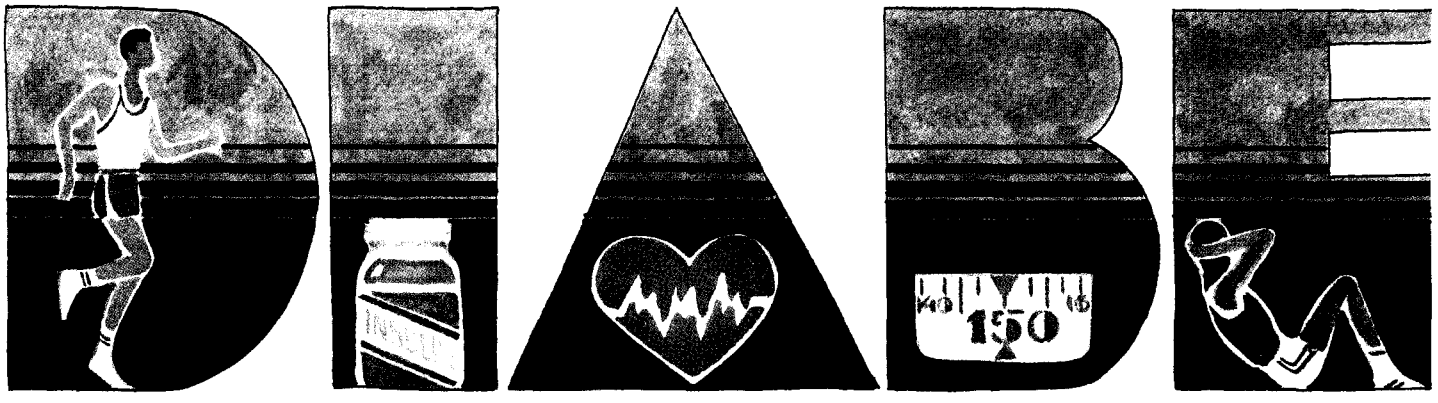
If diabetes is not properly treated, the odds are appallingly high that it will lead to such serious complications as kidney failure, blindness, gangrene followed by amputation, and of course, heart disease.

"Nearly 60 percent of deaths in adult diabetics [but only 15 percent of those in young diabetics] involve heart attacks," reports John M. Amatruda, an associate professor of medicine in the Endocrine Metabolism Unit of the University of Rochester School of Medicine. "Heart disease in diabetics occurs earlier in life, in women almost as often as men, and is more often fatal than in nondiabetics."

But it doesn't have to be, because you can frequently prevent or control one type of diabetes, and if you have the other type, major scientific advances in the last decade can help you live more comfortably, securely, and safely in the years ahead. Yet, responsibility for the care that ensures such an optimistic outlook rests largely in *your* hands—not your doctor's. The health care that diabetics need most is daily care, which only the patient can provide.

Different Types of Diabetes

There are two major types of dia-



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betes. Type I is defined as insulin-dependent diabetes. That is, the islet cells in the pancreas no longer produce insulin. Therefore, Type I diabetics are dependent upon daily insulin injections—which don't cure but do help to control diabetes—to survive. Even a day or two without such an external source of insulin can cause severe illness and lead to diabetic coma and death. Those with Type I diabetes must carefully balance their energy input (diet) and output (exercise) and take insulin injections to control their body chemistry.

Type I usually strikes children or young adults of normal weight; it used to be called juvenile-onset diabetes. Medical researchers now believe that it is caused by some traumatic insult from the environment, such as a virus, that triggers an inherited, genetic predisposition to the disease. As a result, the body's immune system seems to run amok and attacks and destroys its own insulin-producing islet cells as if they were foreign invaders. This process seems to occur slowly over years and was not even detectable until recently. Therefore, by the time the clinical symptoms of Type I suddenly occur, almost all the islet cells have been destroyed, and the individual's life is in jeopardy if prompt medical care is not obtained.

"About half of those with Type I diabetes develop severe kidney disease, on an average about 17 years after onset of the diabetes," Dr. Amatruda explains. "With the onset of kidney disease, other problems—such as hypertension, atherosclerosis, and vision and nerve disorders—are also likely to worsen. But it's kidney disease that's the major threat."

Only a *small fraction* of all diabetics—a mere half million in the United States—have Type I, the most severe form of the disease.

Type II is defined as non-insulin-dependent diabetes. That is, these patients still produce their own insulin (some may even make too much), although it may not be enough for their needs or their bodies may not properly use an adequate supply. Type II, which used to be called adult-onset diabetes, usually strikes middle-aged to older adults who are overweight. This form of the disease comes on much more slowly, and its victims are not usually subject to the life-threatening emergencies caused by high or low blood sugars that can jeopardize Type I diabetics.

Yet, Type IIs also must carefully balance diet and exercise to control the disease. In addition, many need oral medication, which enhances the effect of their own insulin supplies.

"It's the Type IIs who must be particularly concerned about their significantly increased risk of heart disease," Dr. Amatruda says. The problem stems from both accelerated coronary atherosclerosis and direct damage to the myocardium induced by diabetes.

Thus, he emphasizes the importance of worrying about more than just blood-sugar levels: "Multiple-risk-factor intervention is essential to lower the risks of heart disease in those with diabetes. This means monitoring blood pressure and cholesterol levels—and controlling them by lifestyle changes or drugs, if necessary—achieving ideal weight, and avoiding smoking, as well as controlling the diabetes itself."

Turning the Tide

"A small proportion of Type II diabetics who are poorly controlled go on to become insulin dependent," explains Oscar Crofford, M.D., a professor of medicine and the director of the Diabetes Research and Training Center at the Vanderbilt University School of Medicine. "But many Type II patients can get off drugs and easily control their diabetes, if they get their weight down to normal and eat and exercise properly."

In other words, although a few Type II patients are slim—and some diabetologists believe that they will be eventually classified as yet another "type" of diabetes—more than 80 percent have a form of the disease primarily associated with obesity and poor nutritional habits. Although Type II also runs in families, it appears that a combination of excess weight and age—we *all* metabolize sugar less effectively as we get older—triggers the inherited predisposition to this form of the disease. At the onset, Type II diabetics' problem is often simply a matter of inadequate insulin supplies for their extra pounds. If caught early, before other bodily damage occurs, weight reduction may solve their diabetes problem.

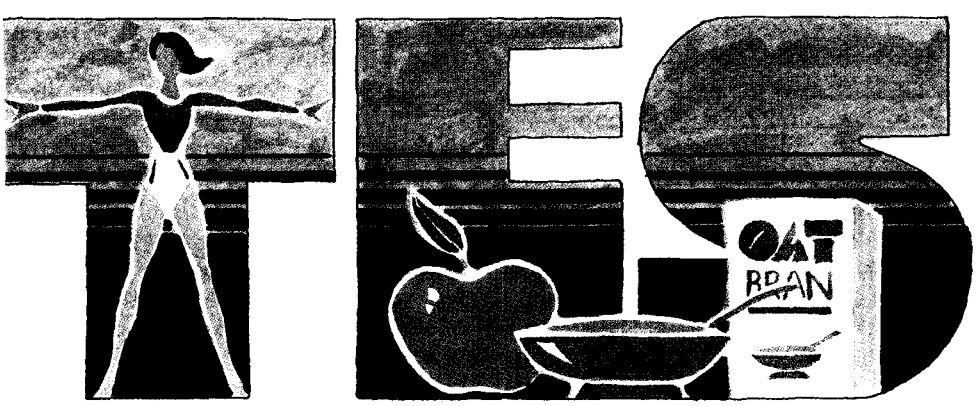
Nearly 6 million Americans have diagnosed Type II diabetes, and an additional 5 million are walking around with the disease *undiagnosed.* They don't feel well, but they don't know why. Because symptoms are not obvious, many people have the disease for years—while it does hidden damage to blood vessels and nerves throughout the body—and are never diagnosed until they fall victim to complications, such as heart attacks or strokes.

Prevention

Weight loss can turn the clock back for Type IIs, but why start the clock ticking in the first place?

"The number of new cases that occur each year could at least be cut in half if we had a way of persuading people to stay slim," Dr. Crofford insists. But that's not such an easy task. How many people do you know who maintain their ideal weight?

More than 35 percent of all middle-aged Americans are technically obese—more than 20 percent above their ideal weight, therefore placing themselves at greater risk for Type II diabetes. Most Type IIs are at least 20



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percent overweight. The problem of obesity in our nation has contributed to the rising statistics of diabetes prevalence.

More Americans are falling victim to Type II diabetes every year. Today, it has been diagnosed in 2.6 percent of the U.S. population, which represents a sixfold increase in prevalence since the mid 1930s, and it is believed that an additional 2.5 percent of the population is affected but remains undiagnosed.

A Healthy Lifestyle for Diabetics—and You!

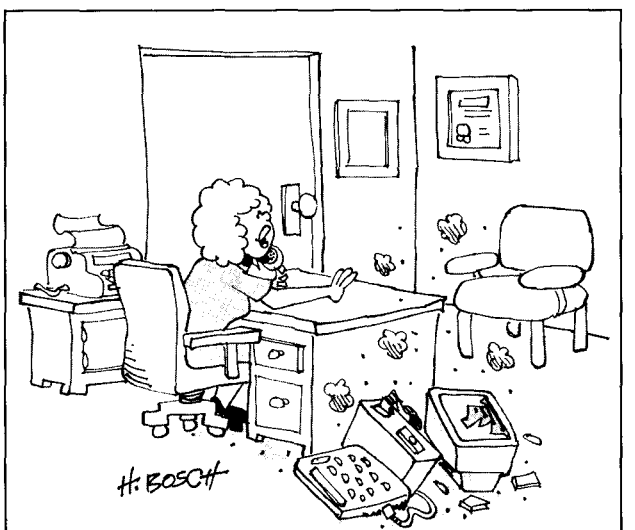
Want a snack? Try three cups of popcorn, made without salt or butter. It's the equivalent of one slice of bread in a diabetic diet, so nibble away in pleasure. A diabetic diet doesn't have to mean denial. In fact, the American Diabetes Association has sharply changed some of its dietary recommendations in the past few years as research has shown what is best. Today, the ADA's recommendations closely parallel the Dietary Guidelines for Americans promulgated by the U.S. government.

"We now know that what is vital for diabetics is appropriate for all health-conscious Americans," says Barbara El-Beheri, a former ADA national nutrition program coordinator. Compared to the typical American diet, this more healthful way of eating involves decreasing sugar, fat, protein, and salt, and increasing your intake of complex carbohydrates and fiber. Those who are overweight also need to restrict their overall caloric intake to reduce—but that means smaller portions of everything, not totally forgoing anything except frequent doses of calorie-laden sweets.

"Our dietary recommendations are important not only to control blood sugar, but also to help prevent cardiovascular disease," El-Beheri explains. "That's why the diabetic needs to reduce cholesterol by eating less fat and balancing saturated with unsaturated fats." Fat should account for only 30 percent of your total calories.

Of course, diabetics must also be careful about sugar, restricting it to only 5 percent to 15 percent of their carbohydrate calories. It should come from natural food sources, such as fruit and milk, rather than the refined sugar found in candy and cookies.

Carbohydrates, once severely restricted for diabetics, have been found to be O.K., and some are even a plus. Overall, carbohydrates should account for 50 percent to 60 percent of your food intake. You get these nutrients in vegetables, fruits, whole grains, and legumes. Soluble fiber foods (fruits, legumes, beans, lentils, roots, tubers, oats, and oat bran) are especially good because they slow down carbohydrate digestion and absorption, thus blunting the normal postmeal rise in blood sugar.



"Bad news, sir, the computer is down."

There is significant scientific evidence that increasing soluble fiber improves diabetic control by substantial margins. Long-term studies show that Type II diabetes patients who had been in such poor control that they were under consideration for insulin injections dramatically improved on diets high in complex carbohydrates, with an emphasis on leguminous sources of fiber; indeed, most are even able to decrease their use of oral medications. Studies adding much oat bran to the diet found that the insulin dose could be lowered for some Type I patients and medication eliminated for some Type IIs. However, such significant dietary modification should always be done in consultation with a physician.

Depending on your age and calorie requirements, protein should account for only 12 percent to 20 percent of your total calories. For most Americans, this means eating less meat than usual—which also helps cut down on fat, cholesterol, and calories.

How do you adapt these recommendations to your everyday eating? "Every individual with diabetes needs a tailor-made plan," El-Beheri emphasizes. So a consultation with a registered dietician is in order to develop the best plan for you. Your local chapter of the American Diabetes Association can provide counseling or refer you to a local resource. Another help is Prentice-Hall *Family Cookbook* series, a three-volume set by the American Diabetes and American Dietetic associations, available from your local bookstore or by calling 1-800-ADA-DISC (in Virginia and the District of Columbia, 703-549-1500).

Together with attention to diet must come regular exercise—the other crucial, but often neglected, element of diabetes self-care. A half-hour walk a day is a good place to start, if you are accustomed to a sedentary lifestyle. Discuss a more comprehensive exercise program with your doctor, especially if you already have complications affecting your eyes or your cardiovascular or nervous system. Exercise not only helps you lose weight but also helps insulin work more efficiently. (So Type I diabetics may need to adjust their food intake and injection schedules to their new exercise patterns.)

But exercise's benefit of enhanced insulin sensitivity does not last very long, according to recent research at McGill and McMaster universities in Canada. In fact, it appears that the three-times-a-week exercise pattern recommended for heart health is also essential to maintain the beneficial impact on insulin sensitivity.

A pivotal breakthrough in the past few years has been the development of self blood-glucose monitoring. For years, diabetics were monitored by testing for sugar in the urine, which turned out to be very inaccurate.

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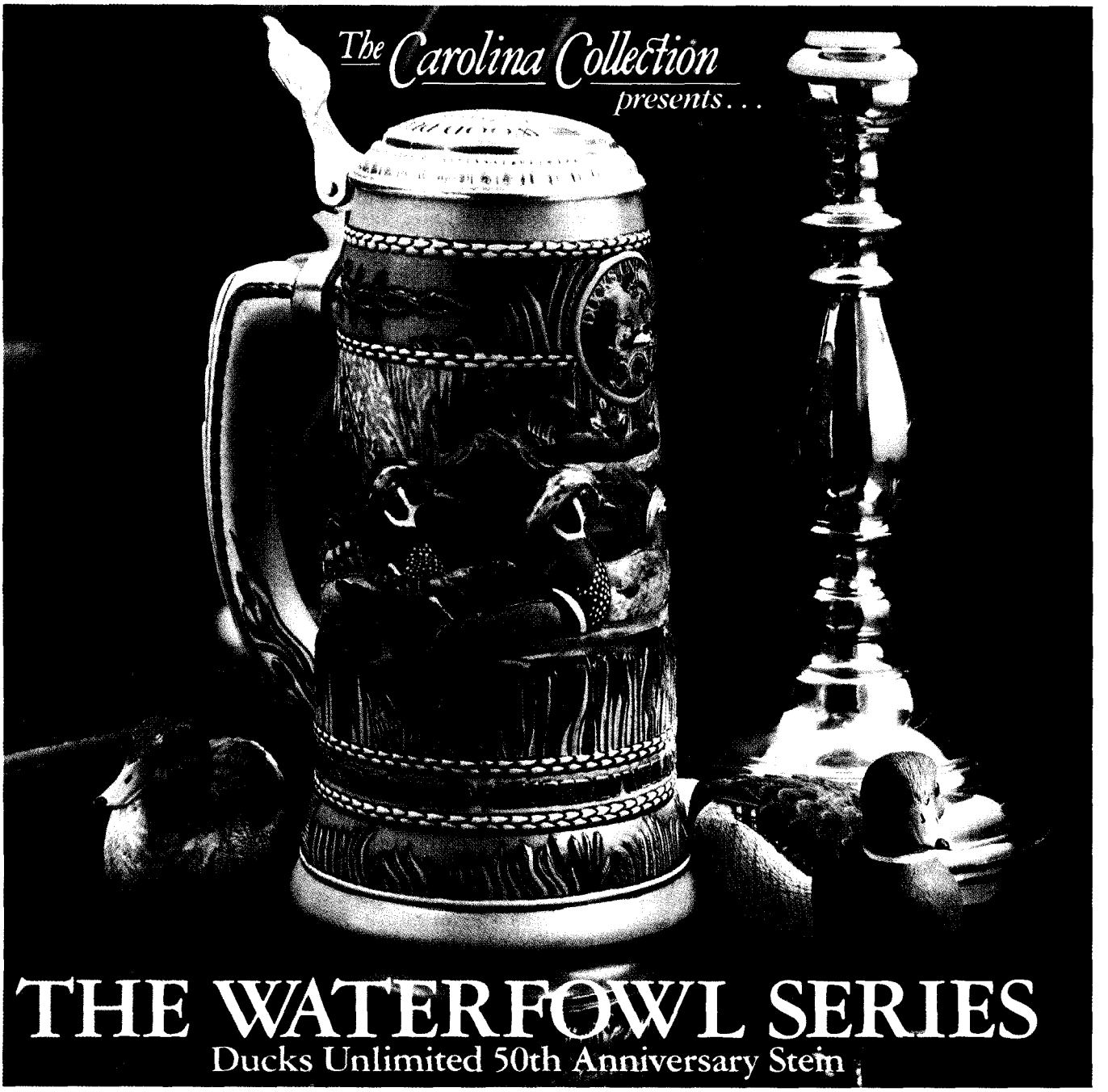

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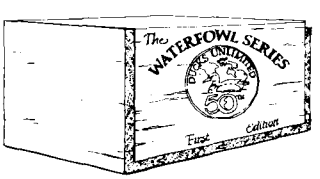

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Today, the wise diabetic monitors sugar control with a simple home blood test. You prick your finger with a tiny needle called a lancet and then put a drop of blood on a chemically treated plastic strip that looks like a long, wide match. Timing and procedures for removing the blood—by cotton or water—vary by manufacturer. But within minutes, you compare color changes on the strip to those on a chart and get a reading on your current blood-sugar level.

The Payoff

What's the payoff for all this close attention to self-care? "It's beginning to look as though it will make a fundamental difference in the rate of the development of complications," says Charles J. Goodner, M.D., the head of the endocrinology division at the University of Washington School of Medicine.

So if you have diabetes, it's time to stop shrugging it off as "just a little sugar problem" or being fatalistic about your future. Start by finding a physician who will be your partner in a comprehensive program of diabetes management.

"Controlling diabetes successfully involves making difficult changes in how you live," says Harold Rifkin, M.D., clinical professor of medicine at Albert Einstein College of Medicine in New York. "Your doctor needs to acknowledge that difficulty and work with you to find ways to mesh the necessary changes into your life."

Choose Your Baby's Sex

continued from page 59

greater. This means the relative chances of conceiving the sex selected are 25 percent greater than the 50 percent odds that naturally occur.

Gender selection is available at a number of hospitals and fertility labs across the country. Three hospitals offering the service are Rush Presbyterian St. Luke's Medical Center in Chicago, Indiana University Hospital in Indianapolis, and Hillcrest Medical Center in Tulsa. Two private labs that do gender selection are Reproductive

continued on page 103

Badman

continued from page 80

ficers, I went to the counter with my gold and checked it in with Hardy in the names of those to whom it was credited: to Jim Hodge, Willy Mander, Tom Padgett—and to Mrs. Jack Walker, whose address I supplied.

"And I've got $100 coming," I said.

Hardy paid it to me, and I put it in my pocket. More money than I'd seen since the coon went up the tree.

Then I went outside like I'd promised, and Bill Squires surprised me. He was sure enough waiting.

He shot at me and missed. I shot at him and didn't.

"Kind of makes you nostalgic for the Texaco man, doesn't it, Bernie?"

This Old House

continued from page 57

hasn't leaked since the start of the drought; the next order of business, according to the speaker of the house, was to mend the roof. So I was in the attic with a handful of rubber bands and a tube of Elmer's glue when my foot slipped off a rafter and my leg made an unscheduled appearance through the kitchen ceiling. To settle the ensuing uprising, I rented an industrial stapler to staple new tile over the entire area.

My dear wife having chosen the hottest day in August for this emergency restoration, by midafternoon, when I stepped from the stepladder onto the range to staple the last of the tile, I had shed my shirt and my shoes. While I was holding a tile in position, and with the big old stapler poised, the footbuds on my bare right foot sent an express emergency message to my brain control that the burner had been left on.

Brain control evidently replied, "Aw, come on—is that you, Joe?"

The burner rings by this time having seared through the innermost layer of my callus, foot shot up another SOS: "I tell you the burner is ON!"

In the meantime I not only stapled the tile to the wall, but on my way down I also anchored a wall calendar as well as a framed picture of my dear wife's Aunt Lizzie. The rest of the day found me in the bathroom, periodically flushing my well-done right foot in the commode.

Another thing about an old house, you never know how hornets get in until you begin looking. And you don't begin looking until the morning you-know-who sees you sanding the rust off your golf clubs and says it would be to your advantage not to go golfing and leave her with this house full of hornets.

"And just how many times have you been stung?" I inquired.

"Twenty-seven," she replied.

I didn't think it had been that many. So I went out and bought three tubes of caulking stuff and began filling the chinks around the windows and along the baseboards and in the tiles above the range. And I'll have to say, a homeowner enjoys perhaps no greater satisfaction than in knowing that his so-called castle is secure from pests.

This state of bliss lasted—oh, all of an hour—before I heard this cry from the kitchen. From the urgency in her voice I knew it was more than a biscuit dropped on her foot. (Besides, hadn't I bought her a pair of safety shoes to wear when she was baking?)

"Look!" she cried, pointing with the wrapper from a frozen dinner.

I looked, and there was a snake—and I don't mean your little green garter variety—hanging from the curtain rod, its head swinging back and forth, obviously considering upon which of us to perform the first venom transfusion. (The following weekend would find us at Clifty Falls State Park, where the Nature Center housed

continued on page 90

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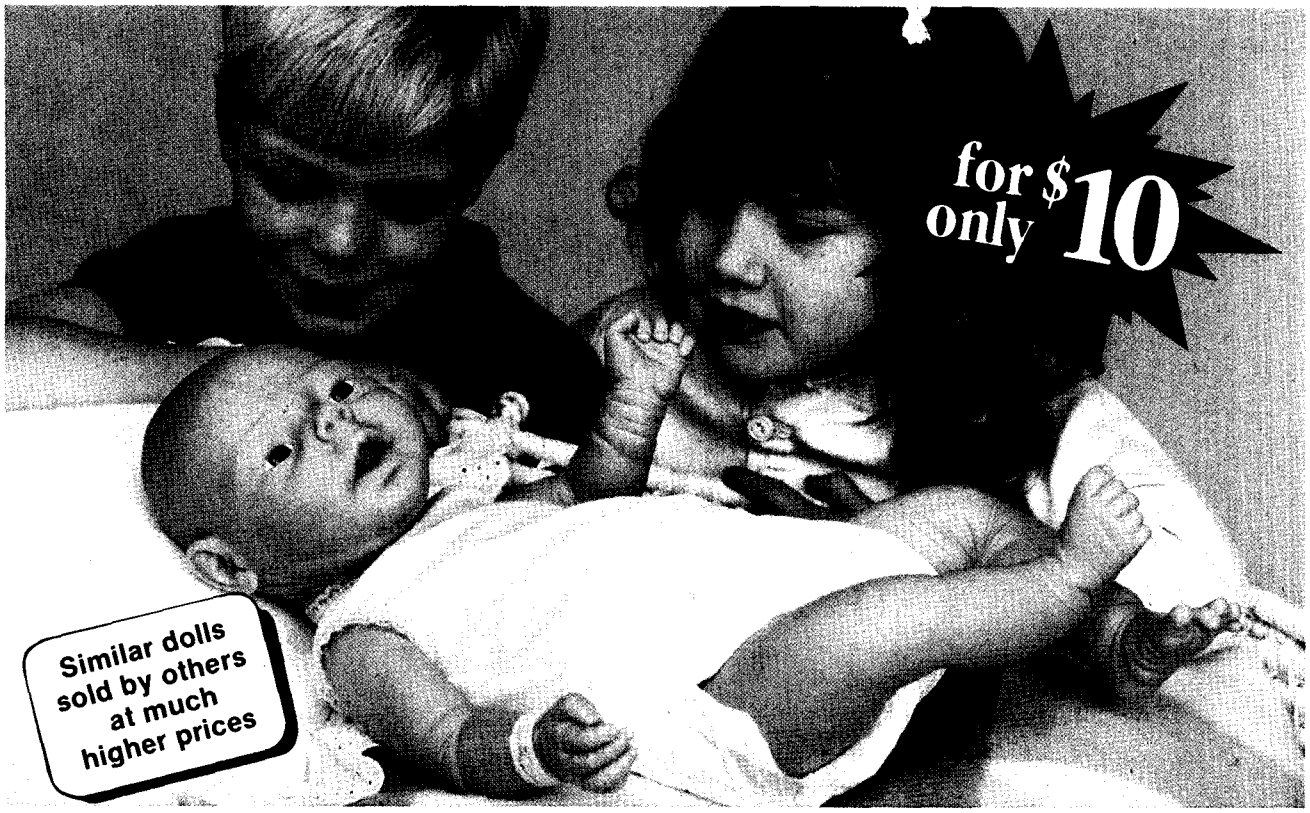

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To order, mail your name and address (on a sheet of paper) and $10 for each Newborn Baby. Add $3 shipping per Baby. Specify choice of doll(s) and Items Numbers as shown below. (New York residents add sales tax.) Allow up to 6-8 weeks for shipment. *Make check payable to RBM Ltd.* Mail to: **RBM, Newborn Baby, Dept. 150-132, Box 1086, Hicksville, New York 11802. (R52890)**

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_____ White Newborn Girl (R52892)
_____ Black Newborn Boy (R52893)
_____ Black Newborn Girl (R52894)

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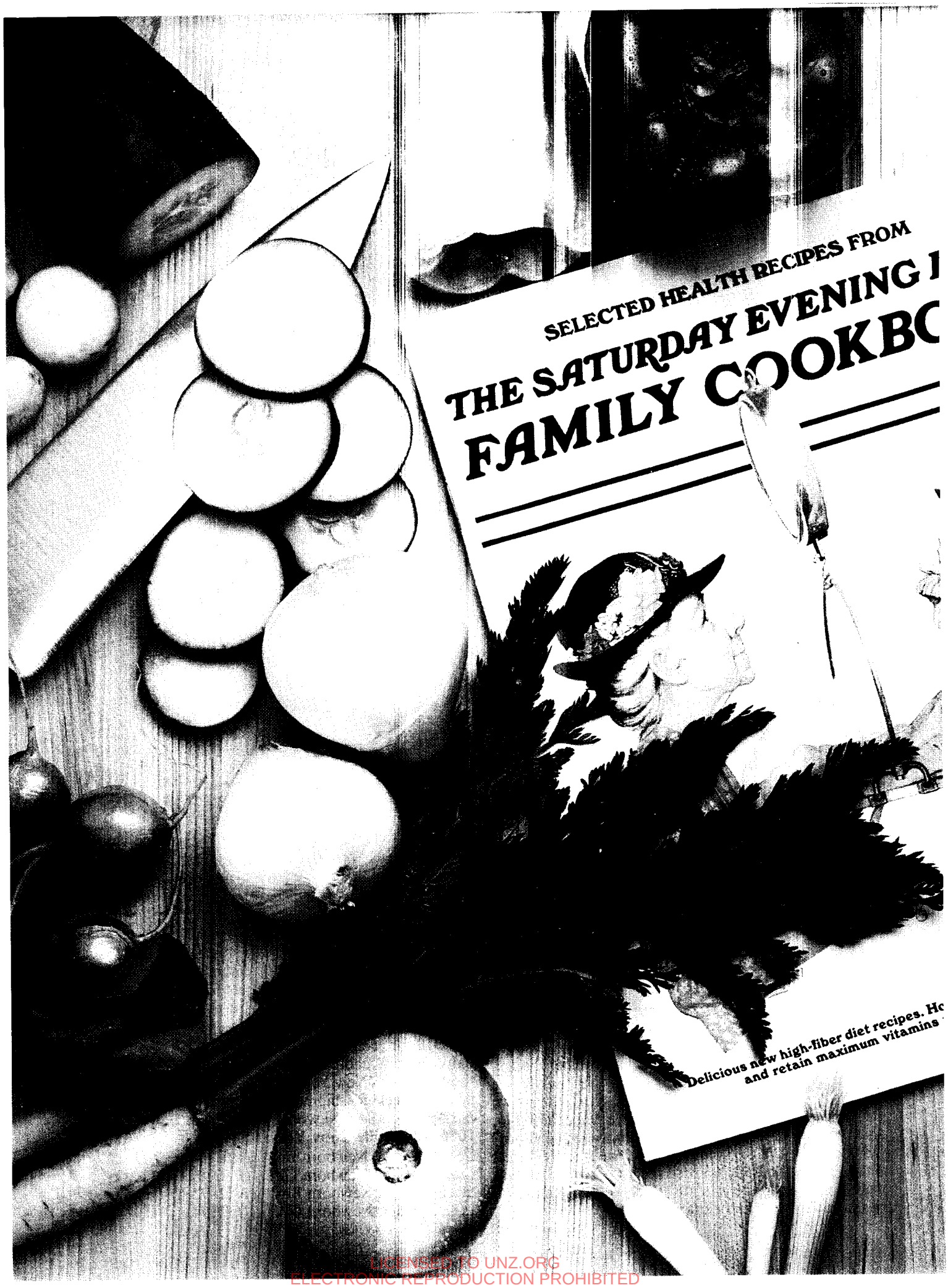

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More than 390,000 copies of this 8½" x 11" publication attest to the popularity of The Saturday Evening Post Family Cookbook, the joint effort of Cory SerVaas, M.D., and Charlotte Turgeon. And why not? It offers 110 recipes dedicated to tasty meals with less salt and maximum vitamins. Between its soft covers you'll learn about the role of plant fiber in the diet; the grain, fruit, and vegetables that supply the fiber; the percentage of calories from fast foods; a diet for herpes control; and concoctions that will make the 112 pages a tastebud's wonderland.

epare tasty meals with less salt, ooking for better health.

We're talking here of "Morning Glories"—from cornmeal waffles to sourdough buckwheat pancakes. Of "Learn to Love Loafing"—its high-fiber onion-rye buns, its whole-wheat apple-nut rolls, and its buttermilk raisin bread.

We're talking of "Stirring Experiences" and celery soup, sweet-and-sour cabbage soup, corn and cheddar-cheese chowders. Of "Taking Your Leaves"—which includes tomato rice salad, lentils vinaigrette, and carrot salad *extraordinaire*. As for "The Main Event," how about broccoli-cashew casserole, baked bran swordfish steaks, and roast chicken with corn-bread stuffing? And then there are the "Lucky Breaks" of honey-wheat cookies, meatless Reuben sandwiches, breaded carrots . . . and on through "Making Light of It," and much, much more.

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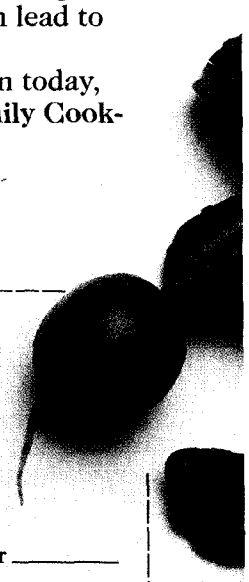
So mail in your healthy contribution today, and we'll send you your copy of the Family Cookbook absolutely FREE.



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This Old House

continued from page 86

an identical serpent labeled "Black Rat Snake." The man in charge assured us that the snake was harmless. "Sure he's harmless," I agreed. "How can a snake harm you when you've already died of shock?")

I had the presence of mind to grab the broom and hold it up for the snake to climb upon. Had it done so, where we'd have gone from there I'm not sure. Probably turned it over to dear wife while I ran to open the door. The snake, however, chose to unwind from the rod, all five feet of it, by conservative estimate, and began a slow slither down the wall. When all but six inches had disappeared behind the sink, I bravely grasped the six inches to pull it out. I still have screaming nightmares that I was successful. But no, the snake disappeared, and—knock wood—we haven't seen it since.

Behind the sink I discovered a four-inch square opening cut out of the wall, which I hurriedly closed with insulation and electrical tape. Whether I shut the snake out or in I'm not sure. Thus, if you should happen to become our third visitor, you'll understand why we never enter the kitchen without first checking the curtain rods.

Just this morning, while scraping toast, my dear wife concluded it would be a good day for me to find the floor register I had lost down the hot air pipe. She made no mention that it was her dumb cat Lump that climbed onto the thing after I had leaned it against the wall to vacuum the pipe and that had then stayed aboard and ridden the register what must have been halfway to the furnace. At least she went down white and emerged in four shades from black to ebony.

Although I optimistically explained to her mistress that Lump had probably done a better job of cleaning the pipe than I could have done, I refuse to put into a family magazine what she explained to me. Let's just say it wasn't complimentary.

After I locate the register I'm going to begin working on a formula for quicksand kitty litter.

Randy Travis

continued from page 61

bought us guitars, drums, and a piano; then he'd take us to lessons and always insisted that we practice. Ricky and I had bands together from the time we were nine. We even got paid for some of the jobs."

When he was 16, he entered a talent contest at a Charlotte club called Country City USA. He was so shy that he never said a word to the audience, just sang his song, then hurried off stage. Still, he made an impression.

"I had owned the club for about three months," recalls Lib Hatcher,

now his mentor, his manager, and the mastermind of his career. "I loved country music, so I started a talent contest to generate business. It lasted eight weeks, and sometime during that period Randy came in. I remember I had a little table near the stage where I always did my paperwork. I never paid much attention to the talent contest because the performers were so bad. But when Randy started singing that night I dropped the papers I was holding and thought, *This is something special.*"

Lib had a good ear. She had been a closet country collector since high school, when she owned one set of pop records for friends who dropped by and another set just for her. She hired Randy as the club's regular entertainment and then devised ways to make him a star.

"I started booking Nashville acts in the club every month," she says. "We really couldn't afford it, but I kept hoping somebody would come along who would help. I never doubted what I thought Randy could do, but I wondered why other people weren't hearing what I thought I was hearing." She admits there were hard times. "Some weeks I didn't know how we were going to make it," she continues. "Then the *Urban Cowboy* craze came along, and I hired a boy with a pickup truck to take me to Texas to buy a mechanical bull. There was a long list of people waiting to get the things, but I managed to get ahead of them. We brought it back, and within a few months I was able to buy a new club."

As shy as Randy was, he could always talk to Lib. One night, she recalls, he told her more than she was ready to hear. He confessed he was in trouble—drinking, fighting, and some skirmishes with the police. She went with him to court and explained to the judge that he had a full-time job, was under the supervision of her and her husband, and had learned his lesson. The judge agreed to give him a second chance and released him to Lib. They've been together ever since. When her husband tired of the time Lib was dedicating to Randy's career, they divorced. Travis-Hatcher romantic rumors persist in spite of the age difference, but each speaks of the other only in glowing, professional terms.

"She's a great business lady," he says of her. "I don't know if it's a gift, a talent, or what, but she has the knack of making the right decisions. I trust her so much that if there's a meeting to discuss my career, I feel fine not being there."

She returns the compliment: "He's a sweetheart. All I want him to worry about is his music. I try to keep him informed on everything else, but sometimes I wonder if he's listening."

It was Lib's business sense that prompted them to move closer to the action. That meant Nashville, where she took a job managing the Nashville Palace nightclub and he became the full-time house singer and part-time cook and dishwasher. The onstage ex-

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posure finally led to his discovery by a Warner Brothers vice president.

"We were turned down more than once by every label in town," Travis says. "But I'm kind of one to believe if you work at something long enough and keep believing, sooner or later it will happen."

Now their goal is to make it last.

The pace they've set for themselves is grueling, but it's paying off. Literally. His style may be pure country, but he's managed to cross over and pull from audiences usually not drawn by mournful lyrics about cheatin' husbands and hurtin' hearts. He recently sold out a performance at Albert Hall in London and did three encores in Paris. At stateside concerts, young girls line up to hand him long-stemmed roses, and written proposals of marriage arrive daily. Albums are released at one-year intervals, although when the third one arrived at music stores in July, the first two were still on the charts and the second was selling at a clip of 6,000 a day. A recent Christmas album is expected to be a perennial seller.

"We don't want to put records out too fast because they might hurt the stuff that's already doing so well," Lib says. "But the old fans are always begging for new things. Country fans look on you as part of the family, and they want to know everything about you. You get familiar with their faces because you see them so often. When we go to a certain town we expect to see this one or that one because they're always there. They bring cakes and other things."

In Nashville, Randy has become so recognizable that Lib had to figure out how he could come and go from their Music Row office building without being cornered by tour buses and swarmed by fans. Now he drives into a back garage and enters a workout room (he lifts weights) that connects directly to their second-floor suite. She says such protection is necessary because he has a hard time saying no to requests for one more picture or one more autograph. If anything, she says, success has made him more humble.

At age 29, Travis leads a squeaky-clean life and demands that the 24 people who travel with him do the same. That doesn't mean, however, that he's above pulling a good prank from time to time. He likes to tease Lib about her nonstop work habits and looks for ways to make her laugh. On a recent pass through Bristol, Tennessee, she slipped into a phone booth to place her usual myriad of phone calls to the network of people involved in making Randy's career go.

"I had my back to the door," she explains. "And when I was done, I couldn't get out. The guys had wrapped the phone booth in duct tape. It was O.K., though; I had lots of dimes."

Elusive Malaprop

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Doublespeak Award to the United States Department of State for its effort to redefine "killing" as "unlawful or arbitrary deprivation of life." The Federal Aviation Administration went them one better when, in a report about an accident that had claimed 180 lives, it referred to the "premature impact of the aircraft with the terrain below." If I'm not mistaken, that's what we used to call a "crash." During the Three Mile Island disaster, utility officials fretted that a hydrogen buildup in the reactor could lead to "a rapid energetic disassembly"—an explosion.

It takes courage to eschew euphemism—courage that many politicians, bureaucrats, and generals lack. During World War II General Stilwell was hounded out of Burma by the Japanese. A few years later Gen. Douglas MacArthur was overwhelmed by Chinese forces at the Yalu River in Korea. When asked by a diplomatic reporter whether his movement had been a "tactical retreat," Stilwell rejected the euphemism and said, "I claim that we took a hell of a beating."

Contrast that with MacArthur, who, when facing a similar situation, called a press conference to announce, "Should the Red hordes continue to pour across the Yalu, it might not only render impossible the resumption of our offensive, but conceivably could eventuate in a movement in retrograde."

Beyond euphemism we enter the tortured realm of obfuscation in which no politician—with the possible exception of Al Haig—was ever

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more comfortable than Gov. Nelson Rockefeller. Asked at a press conference for his views on the war in Vietnam, Rocky energetically declared, "My position on Vietnam is very simple. And I feel this way. I haven't spoken on it because I haven't felt there was any major contribution that I had to make at the time. I think that our concepts as a nation and that our actions have not kept pace with the changing conditions. And therefore our actions are not completely relevant today to the realities of the magnitude and the complexity of the problems that we face in this conflict."

"What does that mean, governor?" a reporter asked.

"Just what I said," Rocky replied.

Old Dogs

continued from page 34

recommend young pet playmates to help keep older pets fit. They have noted that "a new pet in the household can be a lifesaver. He can literally retard the aging process of a geriatric pet and add life to that animal's later years. When stimulated to run and jump and play ball by one of its own kind, the most sedentary and lethargic pet will get up and carry on like an adolescent."

Old age can be the best time of life for you and your pet. Careful attention to your pet's diet, exercise, and medical care will help ensure that your pet lives a happy and meaningful life to its end. Oh, yes, one of old Oscar's teammates, April, was recently inducted into the Iditarod Hall of Fame after ten years of pulling Terry's sled in the grueling race. April, who just recovered from surgery to remove an infected uterus, is going strong at age 13.

Questions for the Vet

Dear Dr. Whiteley,

If a young (8 mos.), healthy (all shots) cat is allergic to the anesthetic given during neutering, can an antidote be given to counteract the deadly reaction? This implies the cat is under constant observation and the antidote is given immediately.

And then can a different anesthetic be given, or will the cat be allergic to all anesthetics? Will a cat invariably die if it is allergic to the anesthetic?

Barbara Leefe
Mt. Lakes, New Jersey

Dear Barbara,

Several anesthetic options, including injectable and gas anesthetics, are available for veterinary use. Veterinarians choose an anesthetic based on the medical condition of the patient and the surgical procedure to be performed. Injectable antidotes are available for certain anesthetics. In other cases, treatment can be given to counteract problems. For example, if an animal experiences difficulty breathing while under anesthesia, it can be treated with oxygen and respiratory stimulants. An animal that has an adverse reaction to one drug may be a candidate for a different anesthetic agent for subsequent surgical procedures. The anesthetic risk for a young, healthy animal is minimal; therefore, I encourage you to have your pet neutered.

H.E.W.

Dear Dr. Whiteley,

I was reading the March '88 issue of the *SatEvePost* when I came across your column. There was a letter in this column about a cat having "rolling skin" disease. My cat has all the symptoms of this disease. None of the vets in the Huntsville, Alabama, area had ever heard of this disease. *Any information* you could send to me would be greatly appreciated. What kind of medication do you recommend? What dosages? Side effects? Are these attacks harmful to my cat?

Linda Hill
New Market, Alabama

Dear Linda,

The official name of "rolling skin" disease is feline hyperesthesia syndrome. The disease is described in the book *Diseases of the Cat,* edited by Dr. Jean Holzworth. This condition occurs most frequently in Siamese cats. Signs include rippling of the skin of the back, biting at the tail, glassy eyes, frantic movement, and attacks upon objects and people, including the owner. If your cat mutilates itself or becomes aggressive to family members during an attack, it should be treated. Low doses of anticonvulsant drugs such as phenobarbital or primidone are recommended treatment. The dosage of primidone cited by Holzworth is 0.5 to 3 mg/kg given once or twice a day, as needed. These drugs must be prescribed and monitored by a veterinarian.

Good luck!

H.E.W.

Dear Dr. Whiteley,

I read with interest your articles in the *SatEvePost* regarding problems with pets. I have not read yet about a problem similar to ours, so I decided to write you.

We have a four-year-old Yorkie, male, neutered. We purchased him from a fine family when he was three years old. He is quite nervous and goes around in circles most of the time, especially when he is excited, but often at other times. He *always* goes to the left. You can't get him to go to the right. He was like this when we bought him, but he won our hearts.

This doesn't irritate us, but we wonder why he does it. Is there anything we could do to change this pattern? He twirls like a ballet dancer, step by step as he goes up the stairs.

There is just my husband and I and the dog, and he is very attached to us. Other than this neurotic habit he seems perfectly normal.

Thank you for answering this unusual question. I've looked through many books trying to find an answer.

Lillian Bergren
Lansing, Michigan

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Dear Lillian,

The most likely explanation for your dog's unusual tendency to circle to the left is a lesion or abnormality of the brain. This damage could be due to early trauma, tumor, infection, or epilepsy. Middle and inner ear infections occasionally cause circling. A complete nervous-system evaluation, including electroencephalography (EEG), is recommended. Because you live in Lansing, Michigan, I suggest that you contact an internal medicine specialist at the College of Veterinary Medicine, Michigan State University at East Lansing, telephone 517-355-6509. Best wishes for finding a diagnosis and treatment that will aid your dog. Your pet is lucky to have such accepting and loving "parents."

H.E.W.

Dear Dr. Whiteley,

I have misplaced my *Saturday Evening Post* issue containing information on hearing aids for dogs. I believe this research is being conducted at the University of Texas. Could you please give me information on how to get in touch with these researchers? I am anxious to see if my profoundly deaf dog, Abby, can be assisted by hearing aids.

Thank you for your assistance.

Marilyn Shaw
Naples, Florida

Dear Marilyn,

Contact Dr. Patricia J. Luttgen at the College of Veterinary Medicine, Texas A & M University, College Station, TX 77843, telephone 409-845-5051. Dr. Luttgen can provide information about a hearing evaluation to determine if Abby is a candidate for the new hearing aid adapted for dogs.

H.E.W.

Send your questions for the vet to: Vets on Pets, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Silver Butterfly

continued from page 53

to the fuel shed and there, behind the bundles of reeds, she showed him the silver butterfly to comfort him. 'See how pretty,' she whispered. 'This is your butterfly. I will keep it for you, so that no one can take it from you, but it is yours. We will look at it every night. Here, take it in your hand.'

"The child had never seen a beautiful thing. He stopped crying and held the butterfly. He looked at it and smiled. This my mother told quite plainly at the trial. We were surprised that she remembered so well. Every night they looked at the butterfly. She told him, of course, not to speak to anyone; but he was a child, and how could he help telling another child? The butterfly was discovered. As a matter of fact, the child persuaded my mother to let him keep it, just for a day, and having it in his possession he showed it secretly to another boy, who told the directress. Those who reported such deviations were rewarded with a bit of sugar. The authorities were called. The little boy was compelled to tell the truth. For truth he was beaten severely. The sin was that he should want something that the others did not have and could not have. He had become a deviationist. He was then not quite six years old.

"The authorities now fell upon my mother. They demanded the truth, and she gave it quite simply. No one believed her. Five years ago she would have been killed for such deviation. Now she was only sentenced to be denounced at the next meeting of our commune. To be denounced is nevertheless very hard to bear."

The voice broke off. There was the sound of a stifled sob. I waited. What was there to say? The voice went on.

"On the day of the meeting I hid myself in the crowd. There I waited. I knew what was to happen. I had seen it often before. But this was my old mother. She was led out of the inner room and she stood before us. Her hands were tied behind her. The young commander shouted her crime in a loud voice. And we who stood about her were required to shout at her too, to accuse her, to shake our fists at her and denounce her. This must go on until finally we must demand her life. And I—I had to shout the loudest of all. They were all watching me to see whether there was any sign of love in my voice for my mother. I had to shout more loudly than any of them. She kept smiling all the time. I think she could not understand any of it. She turned her head this way and that, smiling, not understanding. She did not see me. I stayed

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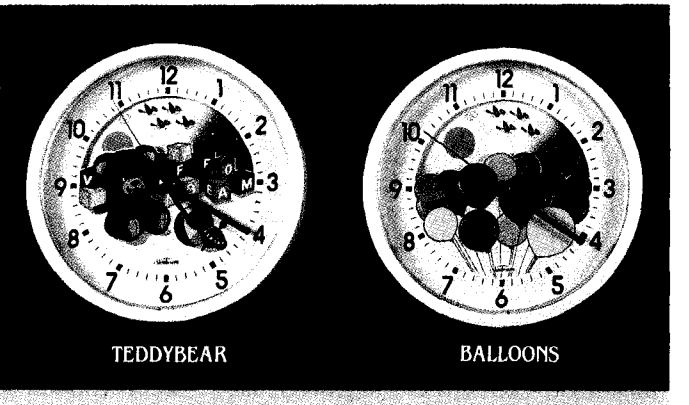

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as far from her as I could.

"The worst was when she was compelled, as all are when denounced, to walk down from the dais and through the crowd, and the crowd must strike and slap her cheeks and kick her. My mother walked through the crowd, her hands tied behind her back, and they slapped her cheeks and struck her shoulders. She fell down, for she was very thin; in her youth her feet had been bound and she could not walk well even when she was strong. Now she had no strength. When she fell, it was time to kick her. Everybody was watching me, and I was afraid. I stepped forward to do what I had to do. In that moment she looked up and saw me. She recognized me. When I saw that she knew me, I tried to look angry. She was bewildered for a moment and then she smiled. She understood——"

The voice wavered and fell.

"Is that the end?" I asked.

"No," the voice said, "but there is an end. It seems that when she was released, she went back to the child. It was evening. He was lying on his cot alone. The others were eating their night meal in the mess hall. The boy too had been beaten; he too had been denounced by his own age group. They are taught so. She took him in her arms and held him. She coaxed him to come with her to the shed. You may wonder how I know this. It is from my wife. She had stayed in the kitchens during the meeting to cook the evening meal, she said—a pretense, but it served. While the people of the commune ate their supper, she stole away to the nursery. She saw my mother come in and put her arms about the child.

"My mother talked to the child softly. She said something like this: 'You see, my child, I am now a burden to my son. He is obliged to strike me. I cannot help him by living. I see this. So come with me, my child, my little one. Let us go to a better place.'

"The child's lips were swollen and purple, but he spoke quite clearly. 'Where is the silver butterfly?' he asked.

" 'Come with me,' my mother said. 'We will go to the river. There are many butterflies there. They gather at the water to drink, live butterflies, real ones.'

"My wife watched my mother lead the child away. She followed them through the twilight, down to the river's edge. My mother took the little boy in her arms and he clung to her neck and put his head on her shoulder. She walked with him out into the quiet water. There was no wind that evening and no waves. From behind a clump of willows my wife watched. My mother walked into the water until it covered her head and the child's head, and she did not step back. That was the end."

"And your wife?" I asked. "She did nothing?"

The voice replied. "My wife is a kind woman. She did nothing."

• • •

The silence was long now. Who could speak? Yet even silence must come to an end, else it cannot be borne.

"What of the bridge?" I asked.

The voice spoke again, and to my surprise it was a different voice, though surely the same man. The voice was suddenly calm.

"The bridge is finished. It is strong and very wide, like your American bridges. It has four lanes, two from north to south, two from south to north, so that vehicles and people travel both ways at once."

"Some of our bridges have six lanes," I said.

The voice was quick to reply. "I hear that two new lanes will be added also to our bridge."

"Remarkable," I said, "especially when it spans such a river. We have no river so swift or wide. You must be very proud of the bridge."

The answer came bravely. "Oh, yes. We are proud—of the bridge, that is. But——"

The voice broke off. Silence mounted between us again, this time a barrier not to be broken. For he was gone—to hide in some secret refugee room in the city, or to return to that from which he had escaped?

Who knows?

Joe Gibbs

continued from page 54

ating us," says Neal Olkewicz, a linebacker. "That's when guys were at their rawest. It helped."

Although Gibbs can evoke great respect and exceptional team effort from his players, they also realize he's no pushover. He's capable of making the toughest of decisions, which include releasing or trading players to strengthen the team.

In May, the Redskins made personnel changes uncharacteristic of Super Bowl champions. They released five veterans, including the running back George Rogers, ranked 15th on the all-time NFL rushing list, and they signed Chicago's linebacker Wilber Marshall as a free agent.

Gibbs' second outstanding attribute is his intensity. He says: "Many coaches motivate out of fear. The players are afraid of the head coach. Others do it with intensity."

Gibbs is so intense that, in preparing for a game, he has kept his 14 assistant coaches on the job at Redskin Park until 4:30 a.m. "Joe is a night person who does his best job at one or two in the morning," says Joe Bugel, the assistant head coach for offense.

For six months of the year, Gibbs leaves for the office on Monday morning and returns home late Thursday night. He sleeps on a sofa bed at his office Mondays, Tuesdays, and Wednesdays—and sometimes Fridays. Then, on Saturdays, he sleeps at the hotel with the team.

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"I sometimes feel like somebody who's been raised in a glass house," he has said. "I only experience certain things for six months—and that's football. It's every second."

John Madden, the popular CBS analyst, is concerned about Gibbs' workaholic schedule. Madden has observed Gibbs since 1964, when they both were assistant coaches to Don Coryell at San Diego State, where Joe played tight end, linebacker, and guard.

"I see a lot of myself in Gibbs," Madden says. Madden "burned out" after ten years as an NFL coach, and he thinks "it will happen to Joe, same as it happened to [Dick] Vermeil [the former Philadelphia Eagles mentor]."

Gibbs disagrees. His philosophy is "There's no shortcut for hours. Hard workers win out in the end."

Besides, Gibbs truly loves his job.

But in order to win football games, Washington's head man employs much more than motivation, dedication, and hard work. He's also heralded as an outstanding tactician and strategist.

Casserly, who has worked for Washington through the coaching regimes of Jack Pardee, George Allen, and Gibbs, gives some insight into the latter's coaching style. "There are some coaches, especially in the college ranks, who are administrators. That is, they oversee the football program, letting their assistants do the actual coaching," Casserly explains. "There are others who try to run everything. They want to be the general manager, which includes making all the personnel decisions, as well as being the head coach.

"Gibbs is different. A big reason for his success is that this guy is a real good coach, with special expertise in offensive football. He makes all the decisions regarding our offense."

When it comes to strategy, Gibbs uses power running, a deep passing game, and a beefy offensive line. Indeed, minimonsters need not apply for a job with the Redskins. At Washington's recent minicamp, a staggering 29 players tipped the scales at 270 pounds or higher.

"Offensively, I want to dictate to the defense," Gibbs comments. "I don't want to slow down offensively and adjust to what the defense is doing. I want an offense that is fast-paced, that is aggressive, and that makes the defense keep up with us. Our whole concept is putting the ball way downfield."

Five years ago, Gibbs unveiled a package of motion plays that helped defeat Miami in Super Bowl XVII; he originated the pro game's one-back offense while serving as the offensive coordinator of the San Diego Chargers in 1979-80; and in preparation for the Super Bowl earlier this year, he had players switch jersey numbers and run plays with 13 men on the field—just in case spies were watching their practices from several nearby buildings.

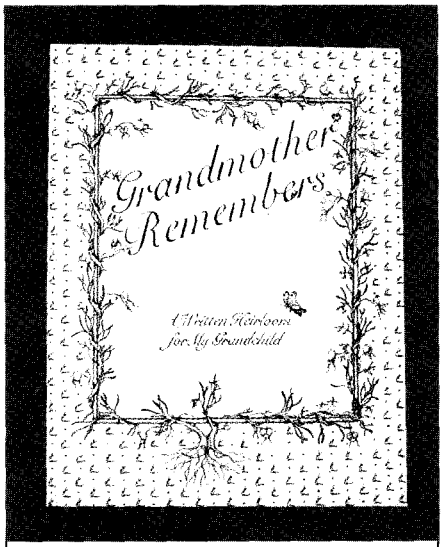
Moreover, during his Redskin tenure, he has cleverly adapted his offensive scheme to take advantage of certain players. When John Riggins was the NFL's most powerful running back, Gibbs featured an offense that had Joe Theismann hand off the ball to Riggins 25 or more times a game. When those players retired, Gibbs installed a long-ball offense to use the strong throwing arms of his two new quarterbacks, Doug Williams and Jay Schroeder.

But can Williams, the great veteran who set two Super Bowl passing records and tied three others in last January's devastating 42-10 victory over Denver, lead Washington to the NFL championship again? No one has won back-to-back Super Bowls since the Pittsburgh Steelers pulled off that feat in 1979 and '80.

Gibbs admits the task is formidable: "Obviously, repeating has proven very hard to do. All the things are going against you. Your schedule is the toughest, you draft last, and every team gets up to play you. So it'll be a tremendous challenge.

"What I worry most about is our division. The Giants will be roaring, and they have a fifth-place schedule." Gibbs hasn't forgotten that the Giants were pro football's best team in 1986, annihilating Denver, 39-20, in the Super Bowl.

Joe Gibbs works round the clock for *only* six months of the year. After the Redskins won the last Super Bowl, he spent considerable time with his family, which includes his wife, Pat; his son Jason Dean, 19, a sophomore quarterback at William & Mary; and his son Coy Randle, 15, a football player and wrestler for Oakton High. He watched Coy compete in a wrestling tournament, took his family skiing, jogged, and played racquetball. (Gibbs won the national racquetball championship in the



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35-and-over bracket in 1976.)

Following the May minicamp, the family escaped for a month to their home at a Virginia lake, where the three males water-skied each day while Pat drove the boat. The boys also spent the summer with Gibbs at the team's training camp in Carlisle, Pennsylvania.

At public appearances, Gibbs is mild-mannered and even-tempered. Wearing big, rimless spectacles, his hair neatly combed, he has the look of a college professor, a U.S. senator, or a minister.

The latter description seems fitting because Gibbs is extremely active in church and youth programs. His family spends Saturday night or Sunday morning at their Southern Baptist church; in his office he keeps a Bible and a tape player on which he listens to religious tapes; during the last seconds of January's National Football Conference championship win over Minnesota, he knelt and prayed on the sidelines.

Gibbs' strong faith has influenced many players. The team holds chapel service either Saturday night or Sunday morning, and Gibbs encourages the wives of the players and coaches to attend—another example of togetherness. The team also has a Bible study group that meets one night each week in a player's home.

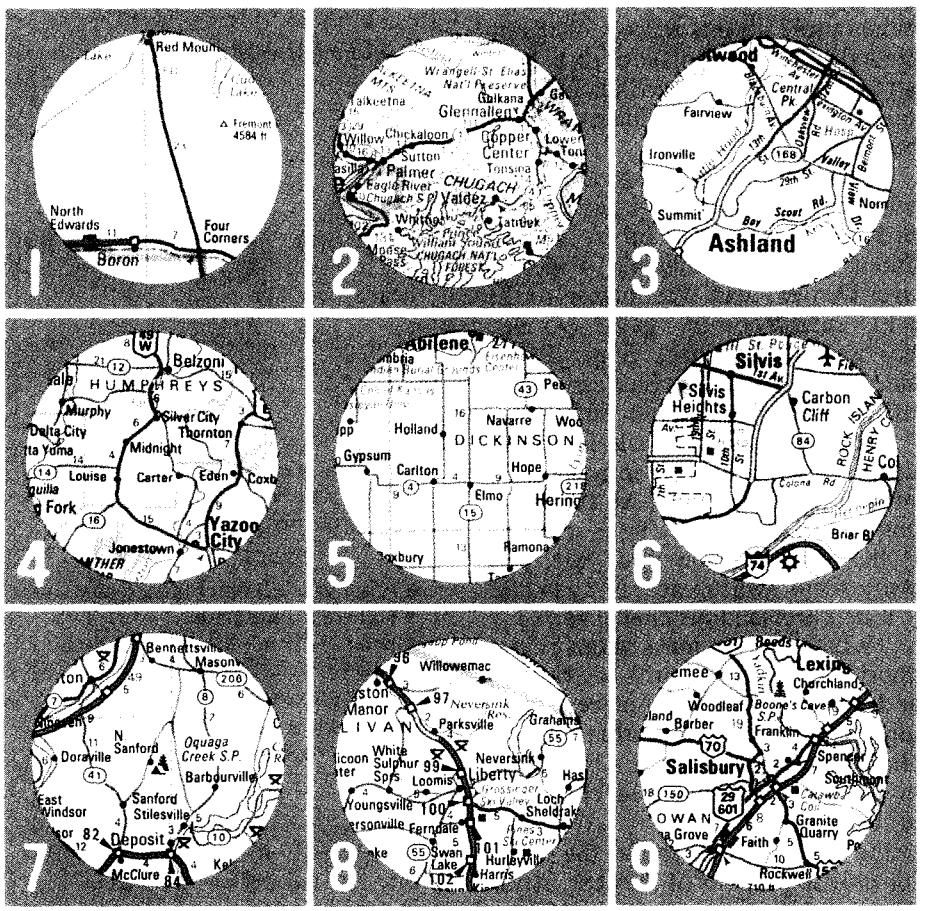
However, despite Gibbs' choir-boy demeanor in public, his players and coaches report that their coach has quite a temper. Although his outbursts are infrequent, they reportedly are loud and colorful. After Gibbs erupted like Vesuvius during the halftime intermission of last year's game against Philadelphia, one player observed he never heard a man say so many things without swearing.

"Sure, he's got a temper," Casserly adds. "But he controls it. He doesn't blow up because he's irrational. And once he's had his say, it's over and forgotten."

Conversely, Gibbs is described as a good-natured and fun-loving man who possesses a lively sense of humor. Not only does he have an easy smile that belies his work habits, but he also enjoys telling stories on himself. For instance:

- Someone gave him a plant for his office. Thinking it was plastic, Gibbs put it in a corner and forgot about it. Months later, he noticed it had died.
- One night Gibbs searched the team parking lot from end to end for his car. Unable to find it, he called the police to report the theft. Minutes later, Gibbs dialed the police again. He remembered he had left his car at the airport—five days earlier.

"Joe Gibbs doesn't have an ego problem," Casserly says. "He doesn't try to put himself ahead of others. And you don't find him writing a book—like some other coaches—about how he won the Super Bowl. He's got different priorities, and so far he's been very successful at accomplishing them."



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? (Hint: You might have to dig to find these things.) If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 103)

Them Apples

continued from page 30

Golden Marinated Mushroom Salad
(Makes 4-6 servings)

½ pound mushrooms, sliced
1 Golden Delicious apple, cored and diced
Marinade (see recipe below)
4 cups cut or torn romaine lettuce
1-2 ounces blue cheese, crumbled

Combine mushrooms, apple, and Marinade; marinate at least 30 minutes. Drain; remove garlic and reserve Marinade. Combine mushroom mixture, lettuce, and cheese. Pass remaining Marinade.

Marinade: Combine ¼ cup vegetable oil, 3 tablespoons lemon juice, 1 teaspoon Dijon mustard, 1 clove crushed garlic, ½ teaspoon *each* crushed oregano and sugar, ¼ teaspoon salt, and ⅛ teaspoon freshly ground pepper. Makes about ½ cup.

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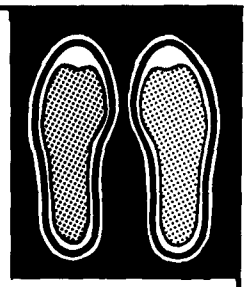

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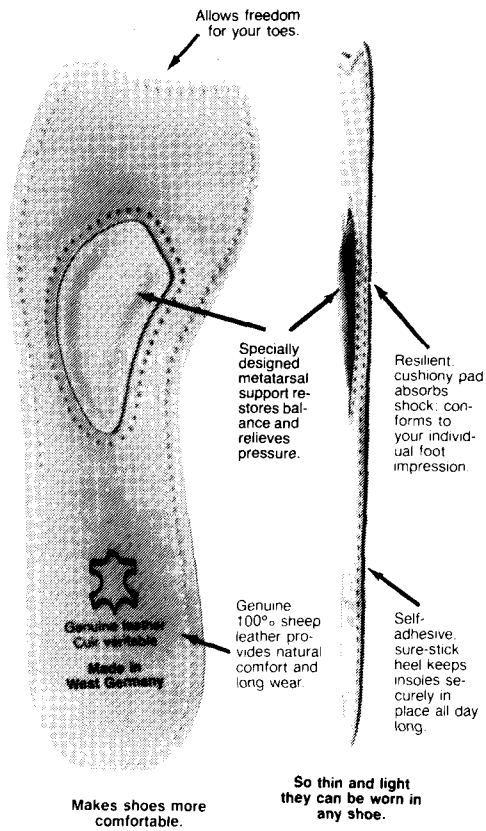
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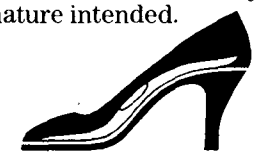

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"Men's lives are chains of chance, but chance ever on the side of the prudent."—*Euripides*

Gallstones Removed Without Surgery

It was two days before Christmas when Betty DeLong of Muncie, Indiana, made a very large pot of chili soup that was mighty tasty. She had it for dinner that night, and then, because she was busy with last-minute Christmas shopping, she had it again the next night, which was Christmas Eve. Very early on Christmas morning she awakened with gallbladder pain (biliary colic), and she waited anxiously for a decent hour to call her doctor on Christmas morning. When another gallstone attack followed, surgery was scheduled. But in the meantime, Betty's sister Beverly sent her an article from "Medical Mailbox" about new equipment to remove gallstones with sound waves instead of surgery. Betty canceled her surgery and decided to wait until the nonsurgical removal of her stone would become available.

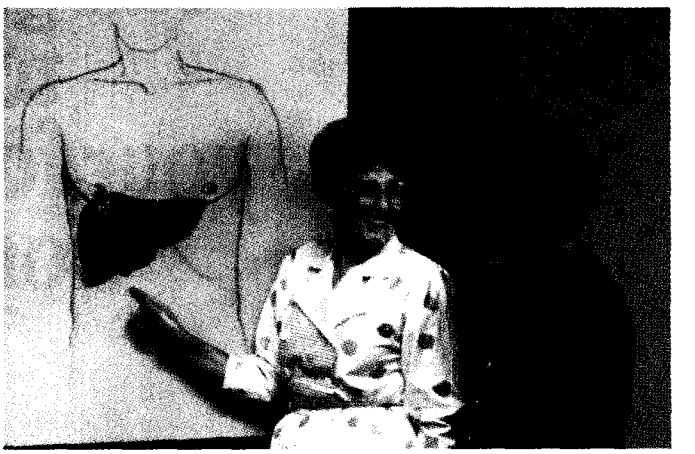
We met Betty a few days after she became the first patient to have the gallstone lithotripsy at Methodist Hospital in Indianapolis. She had been discharged from the hospital just two days following her very successful procedure. Betty was glad she didn't have to undergo surgery: "I'm a baby." She recalled a friend who walked all bent over after gallstone surgery because scar tissue made it painful for him to stand. "I didn't want that scar right at my waistline," she said.

Her gastroenterologist, Dr. Lee Jordan, said, "We really feel that we're within six to eight months of an outpatient procedure, whereas the gallbladder-surgery patients average four to seven days in the hospital. The recovery period after hospitalization for complete recovery is about six weeks with surgery, whereas with this procedure, it is a matter of a few days. The cost of the procedure is about 60 to 80 percent of the price of surgery."

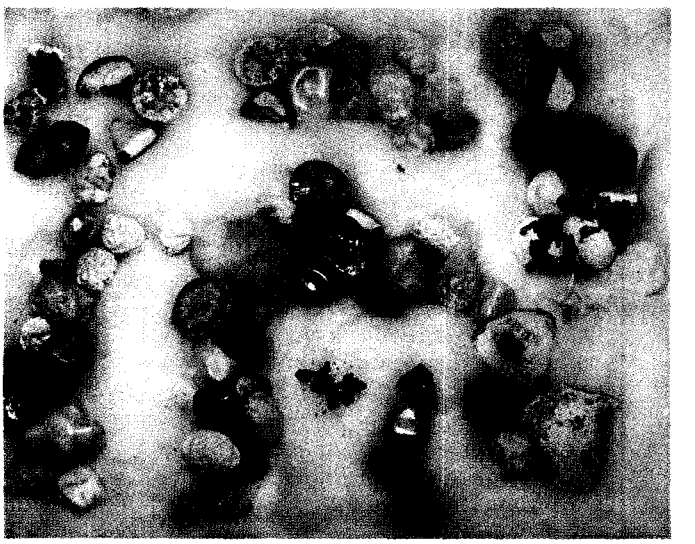
"Ready for your basket cases?"

Right now, the gallstone lithotripsy research program is required to do a lot of extra laboratory tests in a protocol that adds to the expense. Even so, treatments are running in the range of $5,000 to $5,500; the traditional surgery is more in the range of $8,000 to $8,500, according to Dr. Jordan.

Now, the pot of chili didn't cause Betty DeLong's gallstone to form, but it might have caused her *attack*. She



Betty DeLong showed us the little green pear-shaped gallbladder peering from beneath the liver. Layers of muscles surround the gallbladder in spiral fashion and cause pain when they contract after a fatty meal. The single cholesterol stone in Betty's gallbladder was 2½ centimeters (about an inch) in diameter.



Gallstones come in various shapes and colors. They form from bile that is oversaturated with cholesterol. A high-fiber, low-fat diet can help prevent their formation and subsequent pain when the gallbladder contracts.

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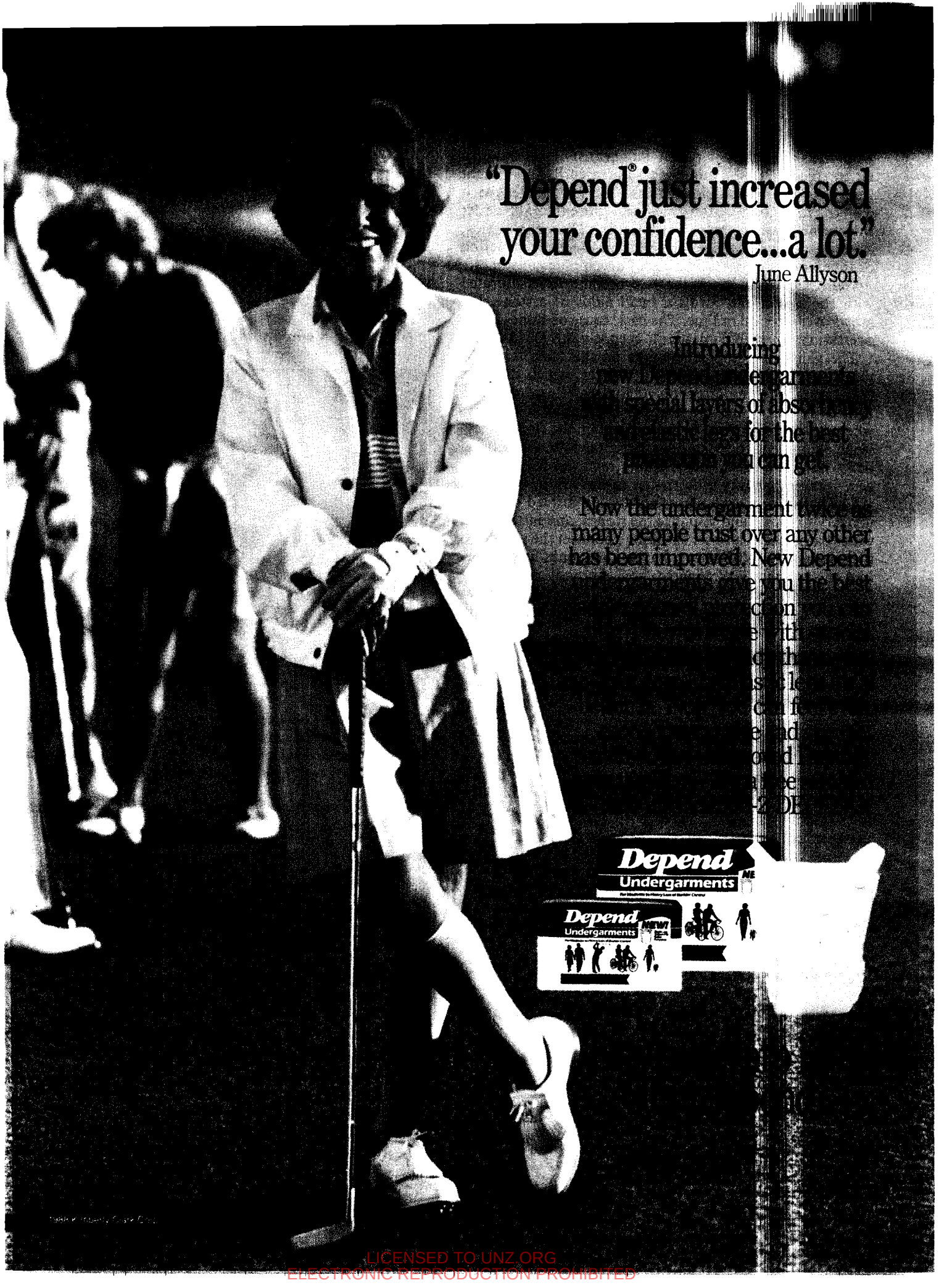

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told us that she had never had that much chili two days in a row, and because she had been in a hurry, she probably hadn't taken time to drain the fat from the hamburger—instead she poured the meat, fat drippings and all, right from the skillet into the pot of chili beans. She also used a lot of spices. Betty's stone had formed earlier and might well have remained quiescent had she not challenged it with the fatty food. A fatty meal can cause the gallbladder to contract, causing pain. Fatty food, high in cholesterol, combined with a low-fiber diet and consumed over a period of time, increases one's chances of developing gallstones.

Gallstones form when the bile becomes oversaturated with cholesterol and forms a small nidus of a stone that grows over a period of time. The basic cause of stones is this oversaturation with cholesterol, according to Dr. Jordan.

The gallstone equipment works on the same scientific principle as the kidney-stone lithotripter, which the *Post* first brought to the attention of the American public in 1981 after we visited the hospital in Munich, Germany, where it was developed. We helped obtain the first kidney-stone equipment for Methodist Hospital, where 6,000 patients have had their kidney stones removed without surgery—more than any other center in the world.

The gallstone machine uses ultrasound instead of X-ray imagery to locate and visualize the stones, and instead of a water bath, it uses a water cushion to connect the patient to the equipment. With shock waves, the stones are pulverized to sand that is eliminated from the body via the gastrointestinal tract. For painless passing, Dr. Jordan likes for the fragments of stone that make up the sand to be no more than two millimeters in diameter.

Dr. Jordan told us that an estimated 15 to 20 million people have gallstones, although many do not suffer symptoms, and an additional one million people may develop stones annually. Surgical removal of the gallbladder has been the most effective treatment available to date. "About 500,000 such surgeries are performed each year in the United States," he told us.

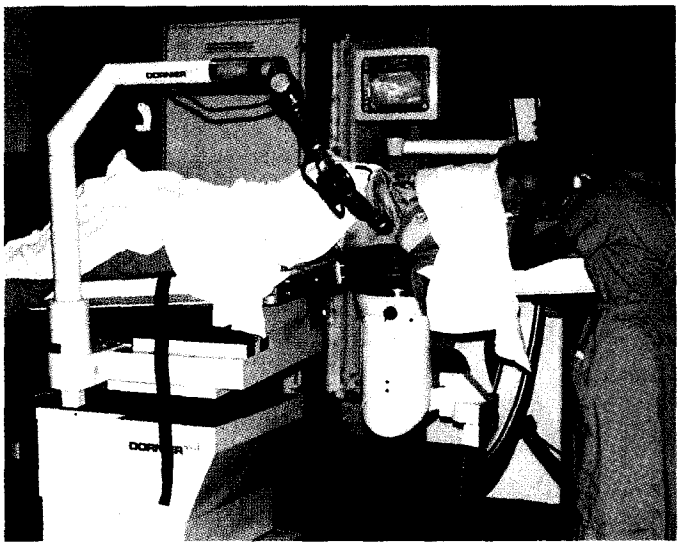
"Patients undergo [ultrasound] treatment on the day of hospital admission," he said. The treatment generally lasts 45 to 60 minutes with the application of 800 to 1,400 sound waves. It is given with mild sedation and no anesthesia.

Betty told us she felt fully awake and could feel the shocks. "I don't want to say pain—but a jarring sensation," she said.

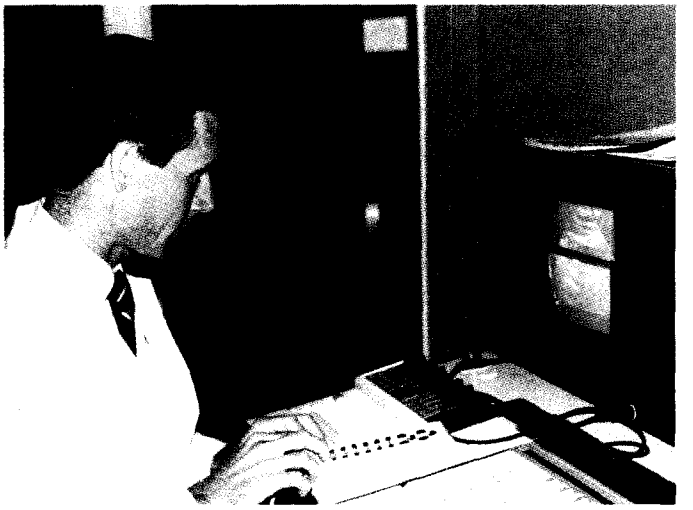
Betty has changed her diet to increase fiber and avoid fat to help prevent additional stones from forming. She has graciously offered to answer letters or calls from anyone who wishes to hear firsthand how it feels to have gallstones removed in this manner. Her address is: Ms. Betty DeLong, R.R. Box 393, Muncie, IN 47307, (317) 288-6035.

You may also address "Gallstones" at the *SatEvePost* if you wish more information about the stone removal and helpful diet suggestions for stone prevention.

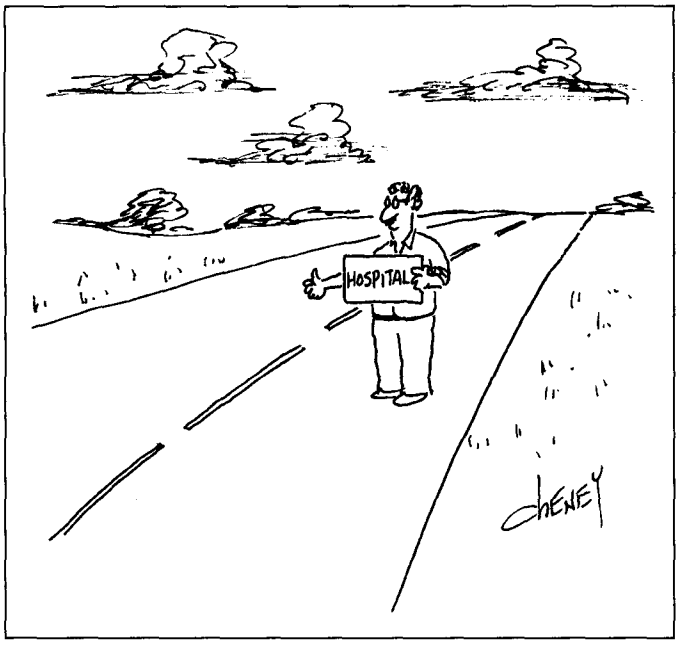
Hospitals now doing the surgery-free gallstone removal, in addition to Methodist Hospital in Indianapolis, include



Another gallstone lithotripsy patient, Barbara Jean, was awake but drowsy with Valium and Demerol as her gallstone was removed. Ultrasound equipment beneath her abdomen located the stones, and bursts of light appeared during the shock waves.



Gastroenterologist Lee Jordan is director of the Gallstone Lithotripsy Research Program at Methodist Hospital in Indianapolis. Computerized ultrasound equipment makes it possible to locate and destroy stones. Dr. Jordan likes to leave no fragments larger than 2 millimeters. The resulting sand is passed through the digestive system.



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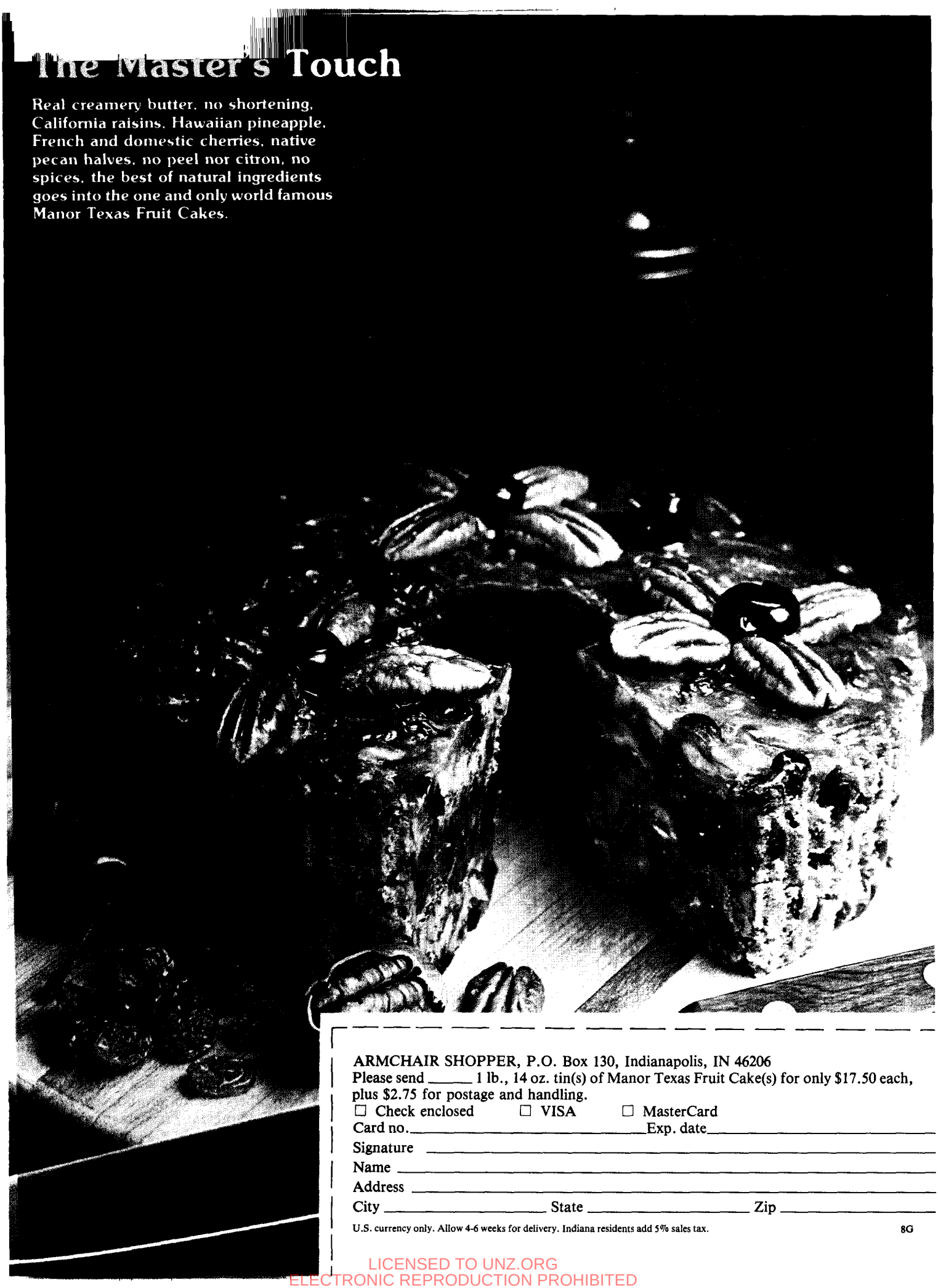

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the following: Emory University in Atlanta, University of Iowa in Iowa City, Massachusetts General in Boston, and Cedars-Sinai in Los Angeles.

Northwestern Memorial in Chicago, University of Pennsylvania in Philadelphia, Humana in San Antonio, Johns Hopkins University in Baltimore, and Virginia Commonwealth University in Richmond are also scheduled to begin gallstone lithotripsy soon.

Dad's Confusion Was from AIDS

Dear Dr. SerVaas:

My father is dying from transfusion-related AIDS. If he had been offered the alternative of intraoperative transfusion, he would not be infected today.

My father went to Alvarado Hospital on October 5, 1984, for a stress test during a physical examination, and on that day the doctors called our family to the hospital to tell us that he needed a quadruple bypass. One of the major arteries that gives blood to the heart, usually the size of a thumb, was the size of a thread. We were very frightened and wanted to transfer him to Scripps Hospital, where we normally go, but the doctors said we would have to sign a release form to withdraw the hospital from any responsibility in the case of transporting him from one hospital to the other, so he had his surgery performed there. Transfusion and transfusion alternatives were not discussed with us.

Three years later, August 1987, my mother took Dad to three different doctors because he was confused and acting different. She and the rest of the family and office staff felt something was wrong because of his memory loss, lack of concentration, speech difficulties, and drowsiness. All three doctors—a cardiologist, a family physician, and an oncologist—felt that Dad was experiencing work-related stress and told him to take a vacation. All three medical charts did note that a blood transfusion in 1984 was given, yet not one doctor thought to do an HIV test. We did not suspect it at that time.

During and after Dad's vacation he became much worse. He was unable to converse or concentrate. When he returned home, my mother insisted that the oncologist give him a CAT scan for cancer; it was negative. The doctors asked him some simple questions: What was his birthdate? What was his address? Who was the President? He was unable to answer correctly. The doctor told my mother that when Dad began to run a fever to call and they would admit him for further tests.

That night Dad started to run a fever and was admitted. Another CAT scan was done, and this time a couple of lesions on the brain were visible. Five days later the doctors did a brain biopsy and discovered Dad had toxoplasmosis, a parasite that attacks the brain when a person has AIDS. He had literally dozens of lesions, and doctors said it was like a frontal lobotomy.

These doctors should have noted the date of the blood transfusion and ordered an HIV test sooner. Early detection could have prevented some of Dad's severe complications, and if AZT were started early, it may have prevented brain damage.

I feel that the blood bank should have taken responsibility in notifying my father, but instead the hospital said they were notified a week prior to his last admission, but the doctor was out of town.

I think the hospitals, doctors, and blood banks all should be responsible for notifying patients at risk from transfusions as quickly as possible. Especially if they knew the person that donated blood had an HIV-positive test or, as in my father's case, died of AIDS. Alvarado Hospital had the capability to avoid using tainted blood if they would have used intraoperative autologous transfusion during surgery. They could have saved his life rather than giving him a fatal disease.

Kara Kobey
San Diego, California

"Your vital signs are normal, and if I may say so, you're looking quite yourself again, Mr. Helgerson."

Thanks for your letter—I'm sure it will help others ask for intraoperative autologous transfusion before they have surgery that may require a blood transfusion. Most hospitals have the equipment and the capability of doing this. Because people like you cared enough to write to the Presidential Commission on the HIV Epidemic, the following recommendation was included in our report to the President:

"Informed consent for transfusion of blood or its components should include an explanation of the risks involved with the transfusion of blood and its components, including the possibility of HIV infection, and information about appropriate alternatives to homologous blood transfusion therapy. These specifically include pre-deposit autologous blood, intraoperative autologous transfusion, hemodilution techniques, and post-operative collection."

Your father's case illustrates the importance of early diagnosis of AIDS. Toxoplasmosis is an infectious disease treatable with antibiotics. Had your father been given a routine HIV test when he first entered the hospital or when symptoms first appeared, an opportunistic infection such as toxoplasmosis could have been suspected and diagnosed. Therapy could have been started immediately. Toxoplasmosis can be treated with sulfadiazine and other drugs.

Your letter will help others ask for a routine confidential AIDS test. As we have told our *Post* readers many times, it is an *inexpensive* test. It is offered free in many public-health locations. There is no longer need to be concerned about false positives because the results are extremely accurate. Those who get a positive and feel very strongly that they have no risk factors at all can easily ask for further tests. For example, the virus can be cultured from the

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blood if there is concern that the positive result could have been wrong. T-cells can be tested to learn about the immune status of a patient who is diagnosed with the AIDS antibody.

The important point: be tested for AIDS if you have had a blood transfusion since 1977.

Here is the recommendation the AIDS Commission made to the President regarding these HIV tests:

"As soon as is practically possible, but no later than July 1, 1989, agencies which license and certify health care facilities should make a condition for licensure, a program to notify all recipients of blood or blood products since 1977 of their possible exposure to HIV. Such 'look-back' notification should include a statement about the benefits of receiving counseling and testing services and provide information about where such services are delivered. This may be done in conjunction with local or regional blood banks or the state or local health department. Notification of partners of these persons is the responsibility of public health agencies. If licensing agencies do not take such immediate steps, Congress should then enact a law that requires it."

Commission Kudos

Dear Dr. SerVaas:

Today for the first time I saw the final blood-safety passages and recommendations of the Presidential Commission. I was delighted and want to congratulate you for having performed such a superb public service and for having been so enormously successful. I am very glad to have played a part.

Ross D. Eckert
Claremont, California

Destroy HIV Virus with Bleach

Dear Dr. SerVaas:

I am writing you this letter in reference to an article I ran across on the AIDS virus. It said that 10 percent bleach solution kills the AIDS virus. I would like to know if you could write me and let me know about this—just how to get this type of bleach and how to use it. You see, Dr. SerVaas, I tested positive for the HIV virus here at the Lewisburg penitentiary a couple months ago. I would like to take the information I receive from you and have the doctor here at the Lewisburg prison arrange for me to receive the 10 percent bleach solution.

Dr. SerVaas, I would greatly appreciate hearing from you at your earliest convenience. Any other information you may have I would deeply appreciate very much.

Name withheld
Lewisburg, Pennsylvania

Ordinary household bleach such as Clorox or Purex can be mixed with water to give you a 10 percent bleach solution. You will be using one cup of bleach to nine cups of water to make this solution. The cleaning solution can be used to wash up blood spills to kill the virus. It will also kill the virus in other body fluids spilled on surfaces. Don't swallow bleach.

"Bad doggy!"

Choose Your Baby's Sex

continued from page 86

Resources, in Kenner, Louisiana, and Ericsson's Gametrics Limited, based in Colony, Wyoming, which has more than 70 centers worldwide.

The Future

In the near future, 100 percent effective gender-selection techniques will be developed. With the use of monoclonal antibody technology, the ability to develop proteins to bind specifically to male and female sperm is conceivable. The heavy protein-bound sperm would be easily separated. This method could even be adapted to a lubricant or gel, thus eliminating the need for the laboratory specialists. Dr. Panayiotis Zavos, a fertility researcher at the University of Kentucky, says the technique has been 85 percent effective in experiments with dairy cattle. Use for humans will occur within the decade.

Thus, gender selection is more and more becoming a viable option. For many couples it will mean the chance to maintain a small family and still balance the family sex ratio. For Third World countries it may help correct devastating population problems. And especially for the couple with a family history of sex-linked disease, a talk with a genetic counselor is definitely in order. Even now, we can probably decrease their risk of passing the disorder on to their offspring, and in time we will certainly be able to do so.

WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

(Theme: Things that are mined)

1. California (Boron)
2. Alaska (Copper Center)
3. Kentucky (Ironville)
4. Mississippi (Silver City)
5. Kansas (Gypsum)
6. Illinois (Carbon Cliff)
7. New York (Deposit)
8. New York (White Sulphur Springs)
9. North Carolina (Granite Quarry)

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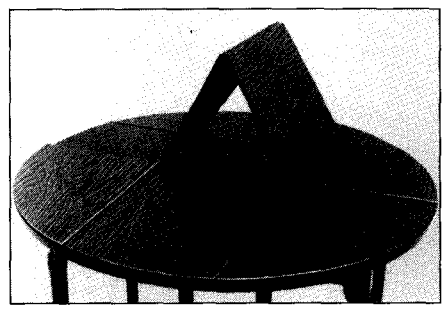

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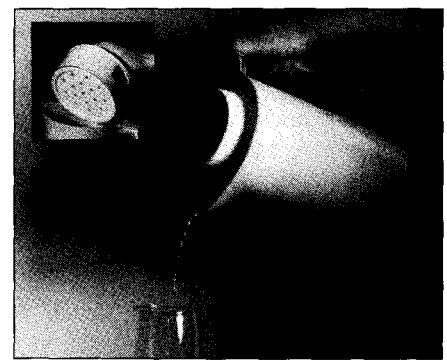
Pure-water pitcher



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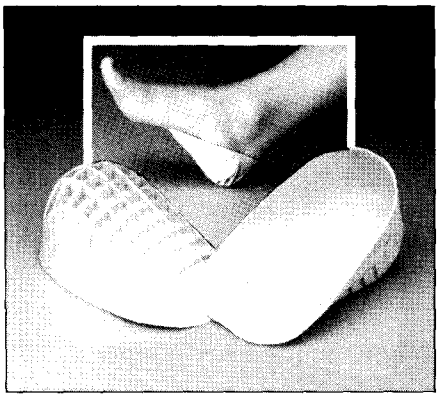

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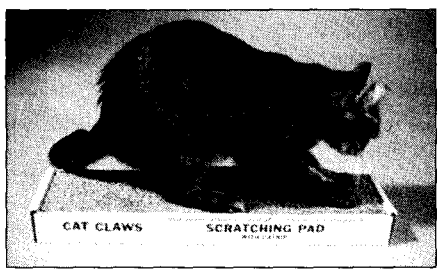

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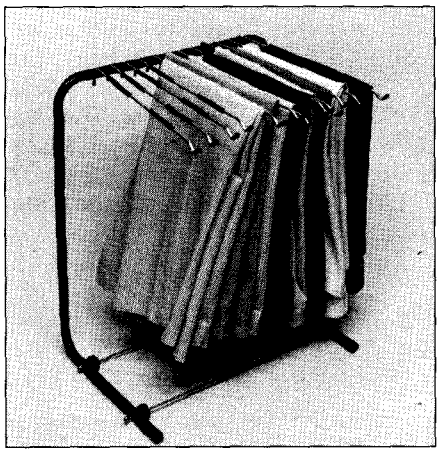

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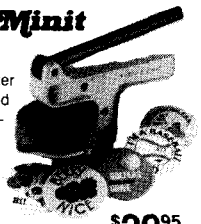

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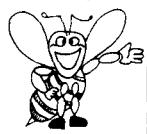

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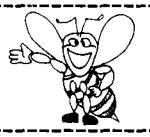

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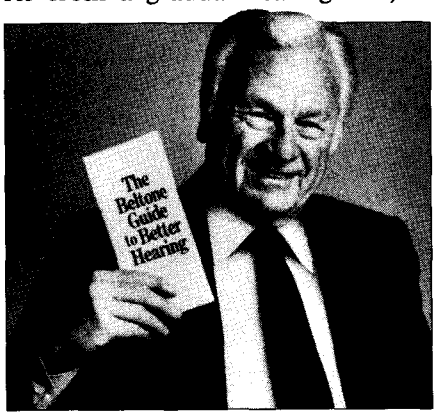

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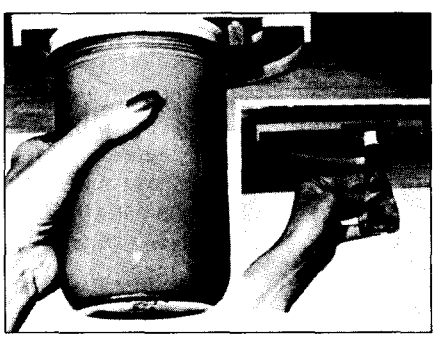

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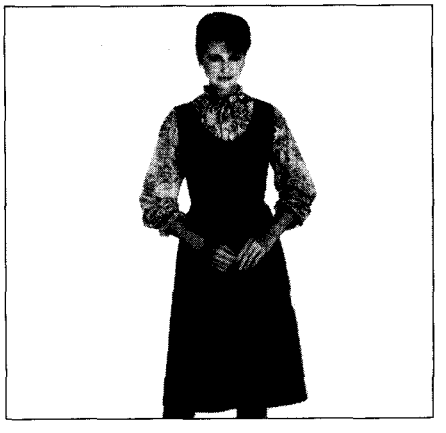

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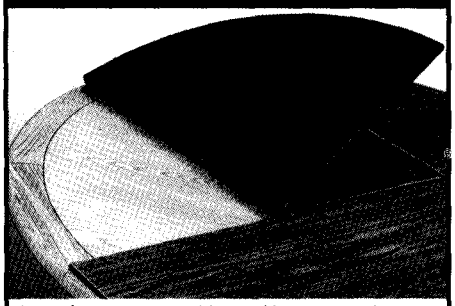

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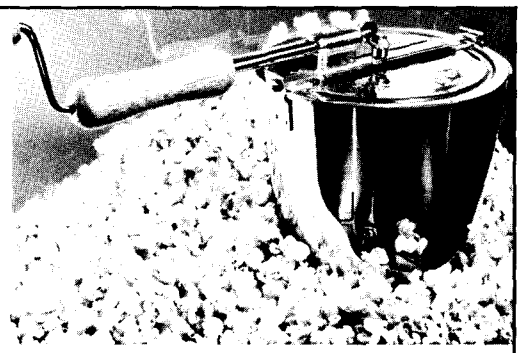

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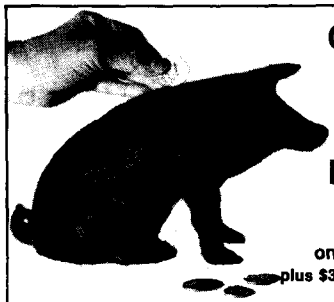

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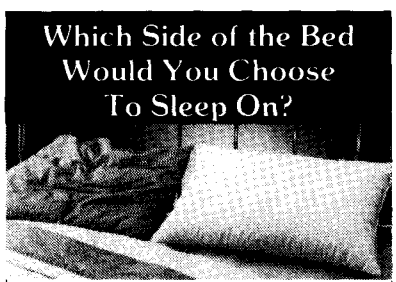

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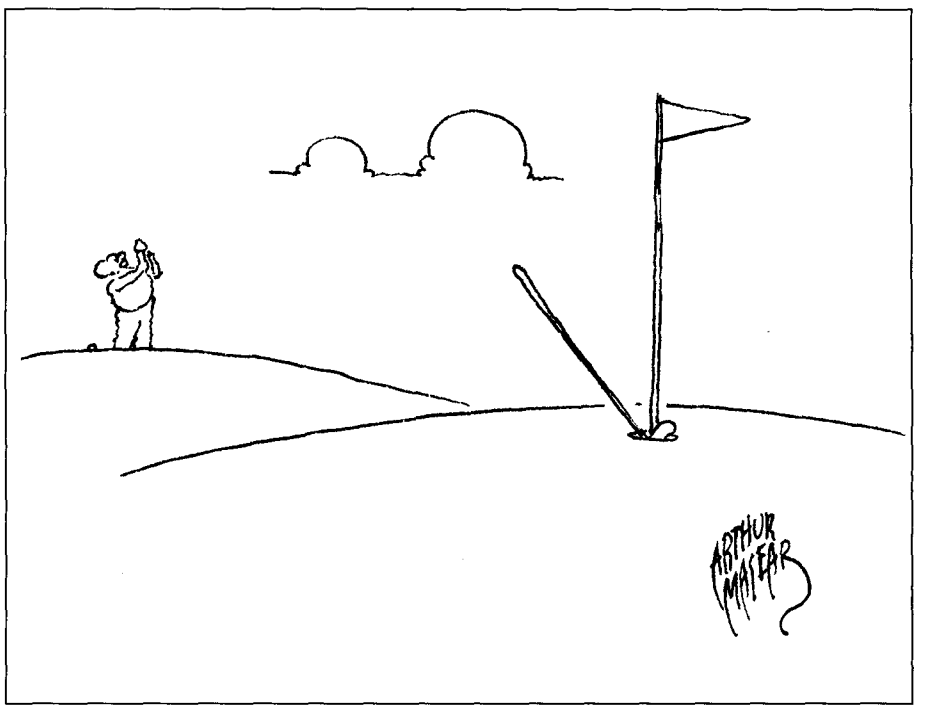

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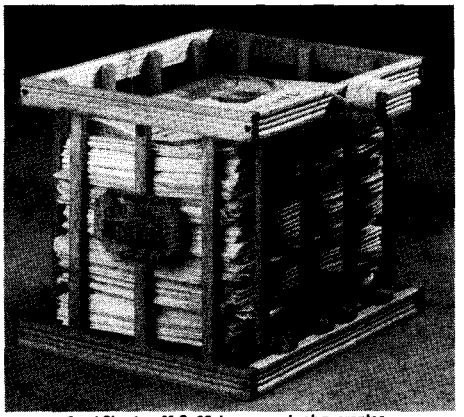

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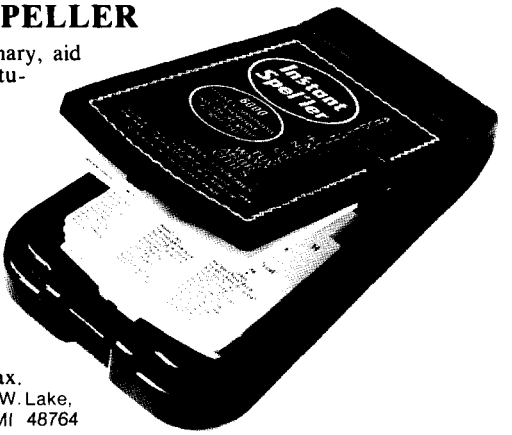

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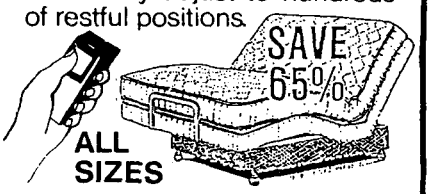

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6 Up to 92% chance of WINNING.

Buy a SUPER-COMBI-TICKET and you are virtually guaranteed to win. You are assured of a 92% chance of winning. This is not a misprint. And because you get 4 different numbers you can even win more than once.

7 Government sponsored and Government controlled.

The West German Lottery is operated under the same rules and regulations as American lotteries. Drawings are held in public every week under strict government supervision.

8 Prizes get bigger every month.

Big payouts—over 245 Million U.S. Dollars in a half year. The longer your ticket stays in, the bigger your potential prize. Win a weekly jackpot of up to US$1,800,000.00.

9 Not a fund raiser.

Most lotteries in the U.S. subsidize water works, education, homeless, etc. In the West German Lottery, a greater percentage of dollars is paid out in prizes!

10 Thousands of American winners.

American lottery players win all the time. Next time you get a neighbor with a big new Mercedes or boat—and he doesn't earn more than you do—don't be surprised if he won in our lottery. Of course, he's not going to admit it, but the money came from somewhere.

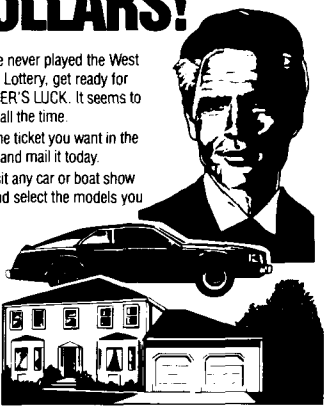
and here's an *11th* reason!

"Wow! I won a half MILLION DOLLARS!"

If you've never played the West German Lottery, get ready for BEGINNER'S LUCK. It seems to happen all the time.

Check the ticket you want in the coupon and mail it today.

Then visit any car or boat show room and select the models you want!



HOW MUCH WILL YOU WIN?

Your ticket is good for 6 months or until you win.

	WINNINGS	WINNERS
1st Month	$ 8,055,000	49,088
2nd Month	$ 12,950,000	49,152
3rd Month	$ 18,710,000	49,212
4th Month	$ 25,596,000	49,276
5th Month	$ 36,756,000	58,764
6th Month	$143,802,000	182,096
TOTALS	**$245,821,000**	**437,588**

CALL TOLL FREE 1-800-851-5200

(Have credit-card handy) **Extension 55**

OFFICIAL ORDER COUPON FOR THE 1988 WEST GERMAN LOTTERY

SAT 10/88

DAW AGENCY, P.O. Box 11 07 53
D 6000 Frankfurt, West-Germany

Check one box or more.

☐ Send me a BUDGET TICKET. This gives me a 48% chance of winning up to $459,000.00. I play for 26 weeks . . . **for only $160.**

☐ Send me a SUPER-COMBI-TICKET. This gives me a 92% chance of winning up to $900,000.00. I get 4 different numbers, play for 26 weeks and get 104 chances to win 64 times from over 400,000 individual prizes . . . **for only $302.**

(Note: prices include all postage, handling and credit card charges. Your tickets, lottery schedules and official rules will be rushed to you air mail.)

Enclosed is check/money order payable to DAW-Agency for $ _____

Or charge my

☐ VISA ☐ MasterCard ☐ American Express ☐ DINERS

Card Number _____ Exp. Date _____

Signature (charge orders only valid with signature) _____

Print Name _____
FIRST NAME LAST NAME

Address _____

City _____ State _____ Zip _____

Affix 45 cents stamps on envelope and mail to

DAW Agency
PO Box 11 07 53
D 6000
Frankfurt 11
West Germany

Note—due to the varying of exchange rates, all dollar amounts are approximate.

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/ PHYSICIAN WHO
M OF SPECIALISTS.

A true family physician is a general practitioner who can treat you and your family in about 85% of all cases.

But in this age of specialization, a family physician can be hard to find. That is, unless your physician's initials are D.O. (Doctor of Osteopathy).

D.O.s are specifically trained to be general practice, family physicians. And they are supported by a full contingent of D.O.s who concentrate in the many medical specialties.

It Takes A Generalist To Know A Specialist.

The D.O.'s training is particularly beneficial to you in the event you do need to see a specialist.

All D.O.s are exposed to a broad range of medical disciplines during medical school. Consequently, D.O.s develop a broad perspective on medical practice which allows them to recommend the right specialist for you.

The Advanced Training Of The D.O. Specialist.

After graduation from medical school, D.O.s complete a one year supervised training period in the actual practice of medicine called "internship."

Unlike other physicians, the D.O. internship program rotates all D.O.s among the major medical disciplines such as internal medicine, surgery, obstetrics/gynecology, pediatrics and general practice. With additional exposure in other important areas.

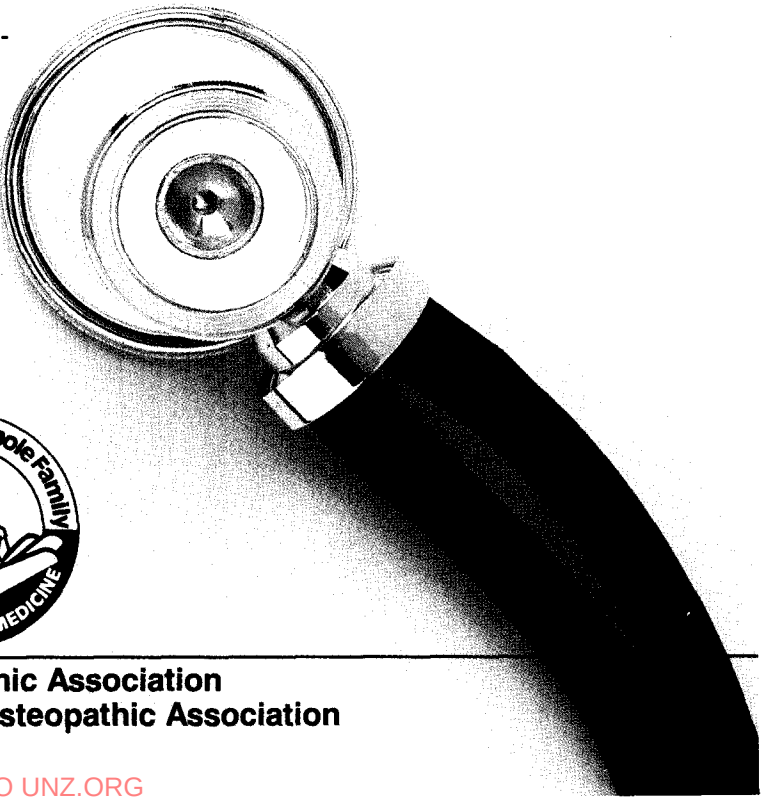
Most D.O.s take advantage of this broad medical education to become family physicians. But some D.O.s do specialize.

Before the D.O. can go on to become a specialist, he or she must first be fully licensed as a general practice physician. If the D.O. elects to specialize, the additional training usually lasts from three to four years.

D.O.s concentrate in all the medical specialties, including anesthesiology, emergency medicine, internal medicine, general practice, general surgery, obstetrics/gynecology, ophthalmology, orthopedic surgery, pathology, pediatrics, psychiatry, radiology and all the rest. All the subspecialties also have practicing D.O.s, including cardiology, gastroenterology, neurosurgery, and otorhinolaryngology, just to mention a few.

For Additional Information.

For additional information, please write: Auxiliary to the American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.



Health for the Whole Family
OSTEOPATHIC MEDICINE

American Osteopathic Association
Auxiliary to the American Osteopathic Association

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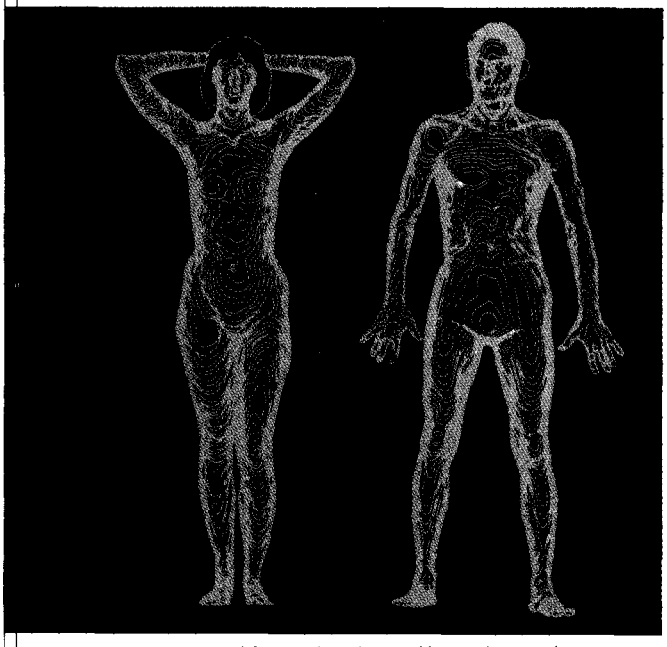
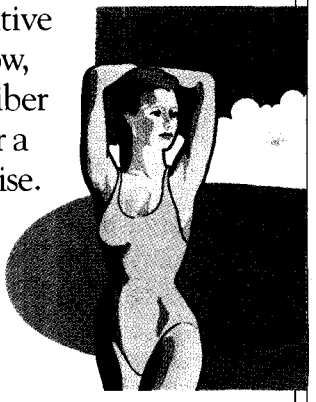
FIBERCON® VS. YOUR LAXATIVE

More than a treatment for regularity, FiberCon treats you and your *entire body*...to more benefits than any leading laxative.



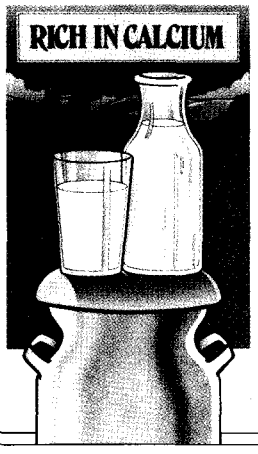
Whatever laxative you're using now, whether it's a fiber or a stimulant, you're in for a surprise. A *wonderful* surprise.

It's called FiberCon.



A revolutionary fiber laxative with more benefits for your body than *any* leading laxative.

For fiber users, FiberCon means two convenient, easy-to-swallow tablets... instead of the fuss and mess of powders. Even more importantly, you won't have to worry about that bloated, "full" feeling often brought on by laxatives such as Metamucil® and Fiberall.® That's because the more efficient fiber action of FiberCon takes place in your *intestine*, where it's *needed*, not in your *stomach*. And once there, it works *gently*, easing your system back to normal regularity. Compared to stimulant laxatives, FiberCon restores regularity in a *more healthful* way, without using the harsh, irritating chemicals found in laxatives such as Ex-Lax® and Correctol.® But the benefits of FiberCon don't stop there, they only *start* there. Because while it's working, FiberCon also releases significant amounts of *pure calcium*, a vital nutrient missing from many diets. And you need not worry about hidden sodium, or unwanted "empty" calories, either. FiberCon contains *no sodium*, and less than *one calorie* per tablet. Why not discover FiberCon for yourself. It's a treatment for regularity... and much, much more.



FiberCon. More benefits for your body.

Helps Maintain Regularity for Good Digestive Health
Advanced Fiber Laxative
Bulk-Forming Fiber Laxative
FiberCon
Fiber Action Concentrated in a Tablet
Natural Action of Fiber for Healthy Regularity

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